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Tempting Recipes

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My Kitchen Prayer

God bless my little kitchen

I love it's every nook,

And bless me as I do my work

Wash pots and pans and cook.

And may the meals that I prepare,

Be seasoned from above,

With Thy great blessings and Thy grace,

But most of all Thy love.

As we partake of earthly food,

The Table before us spread,

We'll not forget to thank Thee, Lord,

Who gives us daily bread.

So bless my little kitchen, Lord,

And those who enter in,

May they find naught but joy and peace,

And happiness therein.

This book is dedicated to the modern home.

In our homes today, as always, life is centered around the kitchen. It is with this thought in mind, that we, the Ladies' of St. Mark's Lutheran Church, have compiled these recipes. Some of them are old Scandinavian treasured recipes. Some of them new. But every one of them reflects the love of good cooking that is so very strong in this country of ours.

We want to express our appreciation to all those who gave us so generously of their time for this project and made it possible for us to publish this book.

Compiled by:

LADIES' AUXILIARY OF
ST. MARK'S EV. LUTHERAN CHURCH

Corydon and Cambridge
Winnipeg, Manitoba

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Meats

PORK CHOPS

6 or 8 pork chops, 1 inch thick
salt and pepper
1 level tbsp. raw rice for each chop
chopped onions
1 C tomato soup
1 C water

Remove bones and fat, add salt and pepper and place in casserole. Put 1 tbsp. raw rice on each chop, cover with chopped onion. Heat soup and water to boiling point. Pour over chops. Cover and bake $2\frac{1}{2}$ hours at 350° .

UPSIDE DOWN HAM LOAF

$\frac{3}{4}$ lb. lean ham	$\frac{3}{4}$ lb. fresh pork
2 eggs	1 C bread crumbs
Pineapple chunks	brown sugar

Cover bottom of bread pan $\frac{1}{4}$ inch deep with brown sugar. On this place pineapple chunks to cover. Put ham mixture on top. Pat down evenly. Bake 1 hour or longer at 375° . Invert onto platter. Serves six.

BARBECUED SPARERIBS

3 lb. spareribs	2 tbsp brown sugar
1 tsp. butter or margarine	1 tsp salt
1 medium onion, chopped	1 tsp dry mustard
1-8 oz. can of tomato sauce or	$\frac{1}{2}$ tsp tabasco sauce
1 C catsup	1 bay leaf
1 tbsp vinegar	1 clove garlic
1 tbsp lemon juice	$\frac{1}{4}$ C water

Have butcher crack bones in 5 inch pieces to eat out of hand. Place in shallow pan and sprinkle with salt and pepper. Combine remaining ingredients in sauce pan. Melt

butter. Add chopped onions and other ingredients in order given. Bring to a boil.

Pour sauce over spareribs. Cover. Bake in moderate oven, 350° for about 2 to 2½ hours until meat is tender. Baste with sauce while baking. Uncover for last ½ hour.

SWEET AND SOUR SPARERIBS

2 lbs. spareribs	5 slices canned pineapple
Salt and pepper	2 tbsp corn starch
1 egg	2 tbsp sugar
¼ C water	2 tbsp soy sauce
1 small green pepper	¼ C vinegar
1 medium onion	1 C water

Cut spareribs into inch square pieces. Season with salt and pepper. Beat egg with ¼ C water. Dip meat in this and fry in deep fat until richly brown. Drain.

Saute pepper, onion and pineapple for 3 minutes and add meat.

Mix corn starch, sugar, vinegar and soy sauce with 1 C water and pour over meat. Cook until it thickens. Serve with cooked rice.

PIGS IN A BLANKET

12 sausages
1 C water
2/3 C milk
2 C biscuit mix
2 apples
1 tbsp brown sugar

Cook sausages in water for about 5 minutes, drain. Add milk to biscuit mix, stir until blended. Roll in a rectangle about 5" by 10" and about ½ in. thick. Wash, core, and cut apples in 12 wedges; do not pare. Dip in brown sugar. Press sausages into biscuit dough, alternating with apple wedges in any preferred design. Bake in hot oven 400°, about 25 minutes. Serves six.

LUNCHEON CASSEROLE

- $\frac{3}{4}$ lb. minced steak
- $\frac{1}{2}$ lb. pork sausage meat
- 1 can green peas
- Carrots and onions
- 1 can tomato soup
- Potatoes
- Bread crumbs

Season meat and form into meat balls.

In casserole place layer each of thinly sliced carrots, potatoes, onions and sprinkle with salt. Add peas and meat balls. Pour tomato soup over all and cover with bread crumbs. Cover casserole and cook in medium oven for 2 hours. Remove cover, sprinkle generously with grated cheese and return to oven to brown.

CHOP SUEY AND SAUCE

- | | |
|----------------------------|----------------------------|
| 2 tbsp fat | $\frac{1}{8}$ tsp pepper |
| 1 lb. pork or veal squares | 1 C green pepper (slivers) |
| $\frac{1}{4}$ C flour | 2 C celery chopped |
| 2 C boiling water | 1 cup peeled onions |
| 2 oxo cubes | 1 C canned sprouts (bean) |
| 2 tbsp soy sauce | 1 C mushrooms |

Heat fat in fry pan, brown meat until golden brown, add flour and stir until blended. Add remaining ingredients, cook until meat is tender.

SWEDISH MEAT BALLS

- 1 lb. ground beef
- $\frac{1}{2}$ lb. pork
- $\frac{3}{4}$ C bread crumbs
- 1 egg
- 2 C milk or water
- 1 medium onion (fried)
- Salt, pepper, allspice to taste

Roll into small balls and fry to golden brown. Cover and let simmer for about half hour.

SWEDISH MEAT BALLS "KOTTBULLAR" NO. 2

- | | |
|---|-----------------------------|
| 1 lb. round steak | Salt and pepper to taste |
| 1 lb. lean pork | 2 C milk or water |
| ½ C minced onions | 2 egg yolks and 1 egg white |
| ½ C bread crumbs or 1 C raw grated potatoes | |

Grind beef and pork 2 or 3 times together. Sauté onions and mix with meat and other ingredients. Work mixture 15 minutes. Put in refrigerator for at least 2 hours. Roll into balls and fry in hot fat, browning balls all around. Serve with or without brown gravy made of stock.

SWEDISH MEAT BALLS "KOTTBULLAR" NO. 4

- | | |
|------------------------|-----------------------|
| ½ lb. ground beef | 2 eggs, beaten |
| ¼ lb. ground veal | 2 tbsp. chopped onion |
| ¼ lb. ground pork | 1 tsp salt |
| 1 C dried bread crumbs | 1/3 tsp. white pepper |
| 2 C cream | ¼ tsp. allspice |

2 tbsp. melted butter

Mix ingredients except cream. Roll in balls and fry until brown. Pour the cream over balls and let simmer for 30 minutes.

SUPER SWISS STEAK

- 2 lbs. of beef rump, round, or chuck
(cut 1 inch thick)
- 2 tbsp. fat
¼ tsp. pepper
1 can (about 6 oz.) tomato paste
1 cup water
2 cups sliced onions
1 tsp. salt ¼ cup flour

Pound flour into the meat with a hammer or edge of heavy saucer. Brown steak on both sides. Brown onions either in same pan or separate skillet. Cover meat with onions. Add salt, pepper, tomato paste, and water. Cover, cook over heat or bake in moderate oven 350°F. about 1½ hours.

SWEDISH MEAT BALLS (GOOD)

- ½ lb. each of beef, veal, and pork ground
- ½ cup bread crumbs
- ½ cup milk
- ½ cup water
- 1 egg
- 3 tbsp. chopped onions
- 2 tbsp. butter
- 1½ tsp. salt and pepper, mixed

Melt butter, add onions and brown. Soak bread in milk and water, add egg and other ingredients. Fry until golden brown. Shake in pan until evenly browned. Thicken gravy and add 2 tbsp. cream.

SCALLOPED PORK CHOPS

- | | |
|-------------------|---------------------|
| 6 loin pork chops | ¼ cup fat |
| 1 egg | 1 cup boiling water |
| ½ cup milk | ¼ cup ketchup |
| Dry bread crumbs | salt and pepper |

Wipe pork and snip fat. Dip pork chops in bread crumbs, then in egg and milk mixture and again in bread crumbs. Brown in heavy fry pan until nicely browned. Season with salt and pepper to taste. Pour boiling water and ketchup over chops. Cover closely and let simmer for 1 hour in oven or over low heat. Add more water as it cooks away. When done, lift chops on hot platter and strain gravy over chops.

Chops should be breaded 1 hour before frying, to prevent coating from coming off.

MOCK CHICKEN CHOW MEIN

- | | |
|--------------------|------------------------|
| 1½ cups cubed veal | 2 cups celery, chopped |
| 1 onion chopped | 1 green pepper |

Brown in butter or fat. Add 2 cans mushroom soup, 2 cans chicken noodle soup, and 1 cup uncooked rice.

Bake for 2 hours (350° F).

MEXICAN POT ROAST

- 4 lb. round or rump of beef
- 3 tbsp. butter
- $\frac{1}{4}$ cup flour
- 2 cups tomatoes (canned)
- 1 onion, chopped fine
- 1 cup water
- $\frac{1}{2}$ cup consommé
- $\frac{1}{2}$ cup celery, chopped
- $\frac{1}{2}$ cup mushrooms, cut in small strips
- Salt and 1 bay leaf
- 1 tbsp. vinegar
- 1 tbsp. brown sugar
- Small pinch of cayenne pepper

Trim meat, rub with salt, pepper and flour. Brown on all sides, remove from heat, add all other ingredients except mushrooms. Cook slowly (covered) for three hours, or until done. Remove meat and thicken gravy, and add mushrooms.

VEAL, TUNA

- 4 lb. rolled, boned veal roast
- 2 stalks celery
- 2 carrots
- Bay leaf
- 4 pepper corns
- $\frac{1}{2}$ cup water
- 1-7 ounce can tuna
- 4 tbsp. mayonnaise
- 1 tsp. lemon juice, fresh, canned or frozen
- 1 tbsp. capers
- 2 small onions
- 1 green pepper
- $1\frac{1}{2}$ tsp. salt
- 1 cup dry white wine

Put meat in dutch oven or heavy skillet, one with a tight lid. Then toss in the celery, cut in chunks, quartered oni-

ons, pieces of carrot, green pepper, seeded and cut in eighths, bay leaf, 1 tsp. salt, peppercorns, wine and water. Cover kettle tightly and cook over low heat until meat is tender when tested with a fork. About 2 hours. At this point remove veal and chill.

Drain tuna and fork it apart. Add tuna to stock and vegetables in the kettle and cook to a boil. Now drain off the liquid and save to use later on. Spoon out all solids remaining in the kettle and grind through your food chopper. Work this ground mixture through a food mill, electric blender or sieve. We realize this sounds like fussy work, but the mixture must be a smooth purée. Mix the purée with mayonnaise, lemon juice, remaining salt and enough of the broth, about 1 cupful, to make the sauce thick as a medium white sauce. Chill.

To serve: Cut the cold veal into thin, thin slices, arrange on a platter and pour the cold sauce over. Sprinkle capers on top and offer to 6 or 8. Real elegant this.

SCALLOPED HAM, POTATOES, AND CARROTS

1 thin center slice smoked ham $\frac{3}{4}$ lb.

$2\frac{1}{4}$ tsp. flour

1 can condensed cream of mushroom soup, undiluted

1 cup milk

3 cups sliced, pared potatoes

1 cup sliced, scraped carrots

$\frac{1}{4}$ cup minced onions

salt and pepper

In skillet, brown ham lightly on both sides; cut into serving pieces. Stir flour into fat in skillet; add soup. Then slowly stir in milk. Heat, stirring, till boiling. In 2 qt. casserole, arrange layers of ham, potato, carrot, onion, until all are used, sprinkling vegetables lightly with salt, pepper. Pour on soup mixture. Bake, covered, 60 minutes.

Uncover, bake 15 min. longer, or until potato is tender. 375° F. temp. 1 hr. 15 min.

BAKED VEAL CUTLETS WITH MUSHROOM SAUCE

- 6 bacon slices
- $\frac{1}{2}$ cup minced onions
- 2 lb. veal cutlets, $\frac{1}{2}$ " thick
- 1 egg
- 2 tbsp. water
- 1 cup sifted dried bread crumbs
- 1 tbsp. bottled meat sauce
- 2 cans cream of mushroom soup, undiluted

Cook bacon in skillet until crisp; remove. In hot bacon drippings, cook onion until tender; remove. Cut cutlets into 8 servings; wipe dry. Combine egg and water; beat lightly. Dip meat first into egg mixture, then into bread crumbs. Brown on both sides in hot bacon fat. Place in 12"x8"x2" baking dish. Top with onions, bacon, meat sauce, then soup. Bake till tender. 350°F. temp. 30 minutes.

BEEF STEAK AND KIDNEY PIE

- 1 $\frac{1}{2}$ lbs. round steak
- 1 beef or 3 lamb kidneys
- 1 large onion, diced
- 4 tbsp. flour
- 3 tbsp. shortening
- Salt and pepper
- Pastry or biscuit dough

Wipe the steak and cut into 1 inch cubes. Wash and soak the kidney for 1 hour, cut into 1 inch cubes, discarding all the white part. Dredge them both with flour and brown well in the hot, melted shortening. Add the chopped onion and the seasonings and cover with boiling water. Cover closely and simmer until the meat is tender—about 1 hour.

If the gravy is too thin, thicken with a little flour and butter, rubbed together. Turn the mixture into a well greased baking dish and cover the top with a rich pastry or biscuit dough and bake in a hot 400° oven until the pastry is well browned.

SWISS STEAK

3 lbs. round steak	1 tsp. celery seed
1 cup flour	1 tsp. salt
¼ tsp. pepper	4 tbsps. shortening
1 bay leaf	3 cloves

Have the steak cut in 1 piece about 3 inches thick. With the edge of a plate pound the flour into the meat, first one side, then the other. The secret of a good swiss steak is to pound all the flour possible into it and to break the fibres of the meat. Season with salt and pepper, and brown well in the hot shortening. Add the bay leaf, cloves and celery seed and ½ cup hot water. Cover closely and cook on top of the stove or in a moderate oven for about 2½ to 3 hours until the meat is very tender.

If you are cooking this on top of the stove, a dutch oven or a heavy skillet with a close fitting cover is necessary or the steam will escape and the meat will not be tender.

BAKED SPARERIBS

4 lbs. spareribs	2 tbsps. flour
2 tsp. salt	½ tsp. pepper

Wipe the meat with a damp cloth and rub well with salt, pepper and flour. Place in an uncovered roasting pan and bake in a moderate oven 350°F for about 2 hours, until the meat is well done and nicely browned. Baste occasionally with the drippings in the pan.

ROAST SIRLOIN OF BEEF

5 lbs. sirloin of beef
2 tsp. salt
¼ tsp. pepper

Wipe the meat and rub well with salt and pepper. Place on rack in an open roasting pan and set in an oven preheated to 300° F. Do not add any water and keep the heat at this temperature for 2½ hours if you want the meat fairly done. Cook it from 2 to 2¼ hours if you like it rare.

YORKSHIRE PUDDING

1 cup flour

1 pint milk

1½ tsp. salt

3 eggs

Sift the flour and salt. Beat the eggs and add with the milk to the other dry ingredients. Beat until smooth. Pour into a shallow pan which has been thoroughly well greased and heated until it is smoking hot. Bake in hot, 500° oven for about 30 minutes until the pudding is well puffed up and firm to the touch. Serve immediately.

MEAT LOAF

3 lbs. ground beef

¼ tsp pepper

½ lb. ground veal

1 onion, chopped fine

½ lb. ground pork

2 cups soft bread crumbs

2 tsp. salt

2 eggs, well beaten

2 cups warm milk

Mix the ground meats and add the seasonings. Sprinkle the bread crumbs with a little warm milk and add this with chopped onion. Add the beaten eggs and the remainder of the liquid. Use just enough to moisten the meat and bind it together. Knead for about 5 minutes.

Form into a loaf and place in a greased loaf pan. Two or three strips of bacon across the top adds a nice flavor. Bake in a moderate oven, 375° F for about 1¼ hours. The meat will be juicier if the pan is covered for the first hour, but it will take a little longer to bake. Uncover for the half hour to allow to brown.

PORK TENDERLOINS AND SWEET POTATOES

Parboil 1½ to 2 lbs. sweet potatoes for 12 minutes. and peel. Slice in half or quarters, according to size of them. Wipe about 2 lbs. of pork tenderloins with a clean damp cloth. Cut in individual servings. Melt 2 tbsp. bacon dripping in frying pan, and brown the meat on both sides in this. Remove to roasting pan, and place prepared sweet potatoes around the meat. Place in a moderate oven for about 45 minutes basting occasionally.

BAKED STUFFED PORK CHOPS

6 pork chops, 1 inch thick	2 tbsp. celery, minced
2 tbsp. butter	1 tsp. salt
1 onion, minced fine	2 cups fine bread crumbs
1 tbsp. green pepper, minced	Water or milk

Slit a pocket in each chop from the outer edge in toward the bone. The butcher will do this for you very quickly. Melt the butter and cook the onion until it is a pale straw color. Add the chopped celery, pepper, salt and bread crumbs. Cook for a few minutes longer and then moisten the dressing slightly with milk or water. Stuff each chop and fasten the pocket with toothpicks. Brown quickly in hot, melted shortening, then arrange flat on the bottom of a roasting pan.

Add just sufficient water to cover the bottom of the pan and bake in moderate 350° F. oven until the chops are very tender, about 1½ hours.

VEAL BIRDS WITH MUSHROOM STUFFING

½ lb. mushrooms	Salt, pepper
3 tbsp. butter	1½ lb. veal steak
1 cup sour cream	2 medium sized onions
2 tbsp. shortening	

Wipe the mushrooms and chop stems and caps. Cook gently in the melted butter until they are slightly browned, about 5 minutes. Add salt and pepper and 2 tbsp. sour cream.

Have the veal cut thin and cut into squares about 2 by 4 inches. Pound flat and season with salt and pepper. Divide the filling evenly on these pieces and roll up the meat and fasten securely with toothpicks. Dredge with flour, and brown in the melted shortening. Slice the onions thin and sprinkle over the meat, cover closely and cook gently for about 45 minutes. Add the remaining sour cream and cook for about 15 minutes longer, until the meat is very tender. Serve with the sauce in the pan and sprinkle with paprika.

BROILED LAMB CHOPS

6 loin lamb chops

Salt, pepper

shortening

Turn the broiler element of your range on and set the temperature control at 350° F. Do not let it get any hotter. Brush the broiling rack with shortening and lay the chops on this. Set about 3 inches below the broiler and leave oven door open about an inch. Broil until the chops are nicely browned on one side, it will take from 10 to 12 minutes. Season with salt and pepper and turn them over. Broil on other side until they are done, from 12 to 15 minutes longer. This method of broiling takes longer, but it does cook the meat so nicely and without smoking the kitchen and spattering grease all over the oven.

SWEDISH KOLDÖLMAR (CABBAGE ROLLS)

1 lb. beef

butter

1 small onion

½ lb. pork

½ tsp. white pepper

½ tsp. allspice

1 tsp. sugar

1½ tsp. salt

1 egg

1 cup cooked rice

milk

1 cup bread crumbs

cabbage leaves

Mince the meats, fry onion and add to the meat. Onion is fried in the butter. Add rice and seasonings. Pour milk over bread crumbs, add egg—just enough milk to make a firm batter—easy to handle. Pick the large outer leaves from a head of cabbage. Pour boiling water over them and let them stand until they are slightly wilted and may be folded without breaking. Place a large spoonful of the mixture on a cabbage leaf, fold it up like a little package and tie firmly with a cord. Melt about 4 tbsp. butter in a heavy skillet. Place the cabbage rolls in this and cover closely. Cook gently until they are well browned and the meat is thoroughly well done. There is moisture enough

in the cabbage and the meat to steam them done, but it takes almost an hour.

Lift them out on to a platter and make a brown gravy from the drippings in the pan. Season well with salt and pepper and pour over Koldolmar.

To make swedish meat balls, leave out the rice from koldolma and you have delicious meat balls.

RAGOUT OF BEEF

2 lbs. beef shoulder or chuck	2 tbs.p. grated cheese
2 medium sized onions	Salt, pepper
½ cup thick sour cream	flour
½ cup water	

Cut the meat into 1 inch cubes. Roll each piece in flour and brown in hot, melted shortening. Add the thinly sliced onion and the salt and pepper. Pour the sour cream and water mixed, around the meat and cover closely. Reduce the heat and simmer until the meat is tender, 2 hours or longer. As the liquid cooks down add more water and sour cream mixed. Just before serving, sprinkle the grated cheese over meat and cook until the cheese melts. Serve with the sauce in the pan.

BROILED FILET MIGNON WITH MUSHROOMS

Filet Mignon is beef tenderloin, the choicest, most tender cut of beef. Have them cut in slices about 1½ inches thick press into a circular shape and fasten a strip of bacon around the edge. Set them on rack of broiler, 3 inches below the flame and broil, turning once, until they are medium well done, or as you prefer them. Wipe the mushrooms and place them in shallow buttered pan under the broiler also. Set them with the rounded side up. Broil for about 3 or 4 minutes, then turn, drop a small piece of butter into each and broil for 3 minutes longer. Remove the meat, place one on each plate, season lightly with salt and pepper and set a large mushroom cap on each serving.

BROILED HAM SLICES WITH BAKED PINEAPPLE

1½ lb. sliced ham, cut ¾ inch thick

6 slices pineapple

Brown sugar, cinnamon

Use the smoked ham for this and if you are buying the boneless, rolled ham, have it cut ½ inch thick. Pre-heat the broiler and place the ham on the rack about 3 inches below the element. Broil with the oven door left open a couple of inches until ham is browned on one side. Remove the rack and place the pineapple slices around the ham. Sprinkle with brown sugar and cinnamon. Return to the oven and broil until ham is browned on the other side and the pineapple heated through. The sugar will melt and form a glaze over pineapple and this can well take the place of salad.

PAPRIKA VEAL STEAKS

1½ lbs. veal steak

Fine bread or cracker crumbs

Salt, pepper, paprika

4 tbsp. shortening

1 egg beaten

Cut the steak into pieces of serving size, removing every scrap of bone or skin or fat. Beat the egg with 2 tbsp. cold water and dip meat into this. Then roll in fine crumbs and dip again in egg. Coat once more with crumbs and let stand for 1 hour in the refrigerator. Brown the meat well in the hot shortening, then lift out and set aside. Add 1 tbsp. flour to the dripping in the pan and then blend in the stock made from veal scraps. Cook this until it is smooth, but it should not be too thick. Add more water if necessary. Lay the breaded veal slices carefully into this sauce and season with salt, pepper and paprika. Cover closely and simmer slowly for about 30 minutes, until the meat is very tender and the gravy is almost cooked away.

SMOKED COTTAGE ROLL

5 lb. smoked cottage roll

1 head cabbage

6 medium sized potatoes

Wipe the meat, then place it in a kettle and cover with cold water. Bring it slowly to a boil and then pour this water away. You can cook it without this precaution but the meat is milder and less salty tasting if you freshen it first. Cover again with cold water and bring again to a boil. Reduce the heat and just simmer until the roll is tender. It will take about 3 hours. Smoked or pickled meats should be simmered and not boiled if you want them tender and juicy.

Add the cabbage, quartered, and the potatoes during the last half hour and continue cooking until the vegetables are done.

BEEF STEW PIE WITH BISCUIT TOPPING

2 lbs beef chuck

6 small whole onions

Salt, pepper

Biscuit dough

2 tbsp. shortening

2 tbsp. flour

1 cup canned tomatoes

1 onion, sliced

Cut the meat into 2 inch cubes and roll in flour. Slice the large onion and brown in the melted shortening, then add the meat, season with salt and pepper and brown well. Add 1 cup boiling water, cover closely and simmer until the meat is almost done. Then add the whole onions and the tomatoes and sufficient water to cover. Cook until onions are tender and the meat well done. Thicken with flour and water if the gravy is too thin.

Make biscuit dough of 2 cups flour, 4 tsp. baking powder, $\frac{3}{4}$ tsp. salt, 4 tbsp. shortening and sufficient milk to make a soft dough. Turn out onto a pastry cloth and roll or pat $\frac{1}{2}$ inch thick. Cut with small floured cutter. Turn the stew into casserole, arrange the biscuits over the top and bake in a hot, 400° oven for about 20 minutes.

MORBRAD (DANISH RECIPE)

This can be made with pork loin instead of the tenderloin, in which case have a slit cut lengthwise between the chops and the bone, for the stuffing.

2 strips pork tenderloin

12 prunes

1 apple, sliced thin

Salt and pepper

Select strips weighing about 1 lb. each. Pound them flat and spread one with the sliced apples and prunes which have been soaked and stoned. Place the other tenderloin on top and tie the securely together. Rub generously with salt and pepper; pork needs lots, remember. Then brown in a heavy skillet in hot melted shortening. Add about 1 cup hot water and cover closely. Cook gently for 45 minutes to 1 hour, until the pork is tender. Lift on to a hot platter and make a gravy with the drippings in the pan. Serve with browned potatoes.

SPANISH POT ROAST

4 lb. beef chuck

3 large onions

1 cup chopped celery

1 cup canned tomatoes

1 green pepper

Salt and pepper

Wipe the meat and dredge with flour. Brown in heavy skillet or dutch oven in plenty of hot, melted shortening. Season with salt, pepper and add the chopped onions, green pepper and celery. Pour the tomatoes over and cover closely. Cook slowly on top of the stove for about 2½ hours, or until the meat is very tender. Occasionally stir the liquid so that the vegetables will not settle and scorch, and add a little water from time to time as is necessary. But let the liquid cook down toward the last so that the meat is served with a thick tomato sauce.

PORK CHOPS CHICKEN STYLE

6 pork chops	flour
salt, pepper	1 tsp. powdered sage
1 can mushroom soup	

Wipe the chops and rub well with salt, pepper. and sage. Dip each one in flour and brown in hot melted shortening. Lift carefully into shallow baking dish and pour the tin of mushroom soup around them. Cover and bake in a moderate oven, 350° F., for about 1 hour, until the chops are very tender and the moisture is almost absorbed. Add a little water from time to time, if necessary, while they are baking and serve with sweet potato and apple casserole.

HAMBURGER—HARVEST CASSEROLE

A Complete Dinner

- 1 lb. ground chuck
- 1 cup minced onions
- 1 no. 2 can tomatoes (2½ cups)
- 1 tbs. worcestershire sauce, (or 1 tsp. curry or chili powder)
- 2 tsp. salt
- 2 cups thinly sliced, pared raw potatoes
- 1/3 cup flour
- 1 pkg. frozen lima beans, thawed just enough to separate
- 1 pkg. frozen cut corn, thawed just enough to separate
- 1 slivered green pepper
- 1½ cups grated process american cheddar cheese (6 oz)

Heat oven. Combine chuck, onion, tomatoes, Worcester-shire, and salt. Pat into 1" layer in 3 qt. casserole. On top place in layers, potatoes, flour, corn, lima beans, then green pepper. Bake covered, 45 minutes; then sprinkle with cheese; bake, uncovered, 30 min. longer, or until vegetables are tender.

BAKED LAMB CHOPS

Choose thick shoulder lamb chops. Wipe with clean, damp cloth. Dredge both sides of chops with flour, salt and pepper. Saute a medium-sized cooking onion sliced thinly in 2 tbsp. bacon dripping until a light golden brown color. Place prepared chops in casserole and sprinkle onions on top. Add just enough hot water to cover. Cover casserole, bake in moderate oven, 350° for about one hour, removing cover the last 20 minutes.

SLICED HAM IN ORANGE SAUCE

This is a delicious recipe and can be varied by the liquid used.

2 lbs. sliced ham	½ cup raisins
¾ cup boiling water	4 tbsp. brown sugar
1 cup orange juice	1 tbsp. butter
1 tsp. grated orange rind	

The ham should be sliced about ½ inch thick. Place in baking dish and add the boiling water. Dot with the butter, and bake in a moderate oven (350°) for about 20 minutes, basting frequently. While this is baking, place all other ingredients in a saucepan, bring to boil and simmer for about 10 minutes. Pour over ham, and continue baking ham 40 minutes.

BEEF AND RICE CASSEROLE

1 5 oz. pkg. precooked rice	1 lb. ground chuck
2 tbsp. butter	1 tsp. salt. Dash pepper
1½ cups diced celery	1 can tomato soup, undiluted
3 tbsp. minced onions	¼ cup water

Heat oven. Start cooking rice as pkg. directs. Meanwhile, in butter in skillet, sauté celery and onion until tender. Place cooked rice in greased 1½ qt. casserole; top with celery mixture. Season chuck with salt and pepper; brown in remaining butter in skillet; then arrange on top of celery. Combine soup with water, pour over chuck. Bake.

MEAT-BALL STEW EN CASSEROLE

- 2 lb. pared, quartered potatoes
- 1½ lb. small white onions
- 1 bunch small carrots, halved lengthwise
- 1 pkg. thawed frozen peas
- 2 lb. ground chuck
- 1 egg
- 1 cup day old bread crumbs
- ¾ tsp. dried marjorim
- 2½ tsp. salt
- ¾ tsp. worcestershire
- 2/3 cup milk
- 1/3 cup salad oil
- 1½ lb. small fresh mushrooms
- 1 can cream of mushroom soup, undiluted
- ¾ tsp. nutmeg
- ¾ tsp. bottled sauce for gravy
- ¾ tsp. onion salt

In large saucepan, place potatoes, then onions, then carrots. Cook in 1" boiling salted water, covered 20 min. or until barely tender-crisp; top with peas; cover; turn off heat. Meanwhile, with fork, lightly mix chuck with next 6 ingredients. Drop by spoonfuls into hot oil in skillet; brown quickly on all sides; remove. In same skillet, saute mushrooms till tender; remove; then, in skillet, heat soup with next 3 ingredients.

Heat oven. Arrange peas, carrots, onions, mushrooms, and meat in 3 qt. casserole. Pour in sauce near edge of casserole. Mash and season potatoes; arrange in mounds around edge; brush with milk. Bake till browned and bubbly.

KALV SYLTA (HEAD CHEESE)

- | | |
|--------------|----------------------------|
| 1 pig hock | bay leaves |
| 1 veal shank | salt |
| 1 onion | whole allspice, pounded up |

Boil together until tender. Cut meat off bones and cut up fine. Pour liquid over meat and let harden.

BAKED FRUIT PORK CHOPS

- 1 lb. prunes
- 4 lean rib pork chops 1" thick
- 1 tsp. cinnamon
- $\frac{1}{4}$ tsp. powdered cloves
- 2 tbsp. lemon juice
- $\frac{1}{4}$ cup brown sugar, packed
- 2 tbsp. water
- 1 tbsp. salad oil
- 1 tsp. salt
- $\frac{1}{4}$ cup hot water
- 4 pared medium sweet potatoes, halved

Early in day. Soak prunes in hot water to cover 5 min. Meanwhile, trim as much fat from chops as possible; then, slit each chop from bone side almost to fat, cutting a pocket. Pit prunes; then, with scissors, finely snip prunes; add cinnamon and next 4 ingredients; cook 2 or 3 min.; use to stuff chops, saving any leftover prune mixture. In skillet, thoroughly brown pork chop in salad oil; remove to 3 qt. casserole; sprinkle with salt. Add hot water to skillet; stir well to loosen browned bits; pour over pork chops. Then spoon leftover prune mixture around chops. Chill. About 1½ hours before serving: heat oven, bake chops, covered, 30 min. Add potato; bake, covered 45 minutes longer, or until whole is tender 350°.

POLSA "BARLEY AND LIVER"

- 1 lb. calf's liver
- 2 tbsp. salt
- 1 tsp. pepper
- 2 lbs. pearl barley
- 1 small onion

Cut liver into very small pieces, add chopped onion, barley, salt and pepper and cook. Stir constantly until barley is done. This should make a thick mush. Let cool. Slice and fry in butter. Very good served with cranberry or lingonberry sauce.

LAMB WITH CABBAGE

3 lbs. shoulder of lamb	$\frac{1}{4}$ tsp. pepper
3 lbs. new cabbage	1 carrot
2 bay leaves	1 tsp. sugar
6 allspice	1 onion
1 tbsp. salt	

Cut lamb as for stew. Melt some lamb fat or butter in dutch oven. Alternate layers of cabbage and meat, seasoning each layer. Leave onion and carrot whole and remove before serving. Cook slowly from 1 to 2 hours or until meat is tender.

KOLDOLMAR (CABBAGE ROLLS)

Steam a large head of cabbage. Make small balls of 1 lb. ground round and 1 lb. sausage, $\frac{3}{4}$ C boiled rice seasoned with salt, pepper, onion juice and Worcestershire sauce. Wrap each ball in a steamed cabbage leaf, skewering with a toothpick. Crowd closely together in a baking pan, and bake in moderate oven for $1\frac{1}{2}$ hours. Brown sugar may be sprinkled over them if desired.

KALOPS (BEEF STEW)

2 lbs. round steak
salt and pepper
$\frac{1}{2}$ C chopped onions
3 tbsp. butter
3 tbsp. flour
$\frac{1}{2}$ C tomato pulp
8 whole peppers
6 whole allspice
2 bay leaves

Pound meat, then cut in 2 inch squares. Mix flour, salt and pepper, dip meat in this, then brown in butter in a hot skillet. Add onions, tomato pulp and enough water to cover. Put spices in a cheese cloth bag and add to meat. Cover and simmer slowly until done. Remove bag of spices. Add more flour and water to make gravy of right consistency.

Casseroles

HERRING AND POTATO CASSEROLE

2 salt herrings	2 onions sliced
1½ lbs. raw potatoes	3 eggs
white pepper	2 cups milk

Remove heads and intestines of fish. Skin and fillet. Soak fillets overnight in cold water. Drain and cut in even slices. Wash potatoes, peel and cut in thin slices. Alternate layers of potatoes, herring and onions in buttered and bread crumbed baking dish. Sprinkle each layer with pepper and finish with layer of potatoes. Beat eggs and milk together and pour over. Bake in a moderate oven (350°) 30-40 minutes or until potatoes are soft. Serve in bake dish with melted or browned butter.

PICKLED HERRING

2 salt herring	2 tbsp. sugar
1 large onion, sliced	1 cup vinegar
2 tsp. allspice	½ cup water
2 bay leaves	

Soak herring in cold water overnight. Split, skin and remove bones. Cut into tiny strips crosswise. Mix other ingredients and pour over herring. Cover and let stand 2 or 3 days.

HERRING SALAD "SILL SALLAD"

2 salt herring	½ cup pickles
1 cup cooked veal	1 cup french dressing
1 cup potatoes, cooked	½ cup white vinegar
1 cup boiled beets	1 tbsp. sugar
1 cup apples	2 hard boiled eggs
½ cup onions, chopped	

Soak herring over night. Clean, skin, bone and cube. Mix with chopped veal, potatoes, beets, apples, onions and

pickles. Add french dressing and vinegar (and 1 cup mayonnaise if preferred). Heap on platter and decorate with slices or quartered hard boiled eggs and parsley.

ISLAND STYLE HAM AND SWEET POTATOES

- 6 medium sweet potatoes
- 1 tbsp. butter or margarine
- $\frac{1}{2}$ tsp. salt $\frac{1}{8}$ tsp. pepper
- pinch nutmeg milk
- 2 cups coarsely cut-up, cooked ham
- 2 tbsp. butter
- $\frac{1}{2}$ cup green pepper or pimento strips
- 1 drained no. 2 can pineapple chunks
- 2 tbsp. brown sugar
- 1 tbsp. corn starch
- $\frac{3}{4}$ cup juice, drained from pineapple
- 2 tbsp. vinegar

Cook, then mash potatoes; add 1 tbsp. butter, salt, pepper, nutmeg, and enough milk to whip potatoes. Heat oven. In skillet, saute ham in 2 tbsp. butter, stirring, until golden. Add green pepper and pineapple chunks; cook 2 or 3 minutes. Stir in combined brown sugar and corn starch, then juice and vinegar. Cook, stirring, until clear and thickened. Pour mixture into 9" pie plate; drop spoonfuls of potato on the top. Bake until bubbling hot. 400° F. Baking time 20 to 25 minutes.

CREAMED EGGS WITH CELERY SAUCE

- 1 can of cream of celery soup
- 4 hard boiled eggs, sliced
- 4 slices toast, or pastry shells
- $\frac{1}{4}$ cup milk
- $\frac{1}{4}$ cup finely chopped pimento, or
- $\frac{1}{4}$ cup sliced olives

Heat soup slowly in saucepan, add milk and blend well. Add eggs and pimento or olives. Serve hot on toast or pastry shells. Serves four.

SUNDAY-SUPPER CASSEROLE

- 3 cups noodles
- 1 lb. pork sausage links
- $\frac{1}{4}$ cup sausage drippings
- 1 cup sweetened fresh apple sauce or
canned apple sauce
- 2 tsp. lemon juice
- $\frac{1}{8}$ tsp. nutmeg
- $\frac{1}{2}$ cup grated cheddar cheese

Heat oven to 400° F. Cook noodles as package directs; drain. Meanwhile, place sausages in shallow baking pan; bake 25 min., turning once. Then lower heat to 350° F. Combine sausage drippings and noodles. Arrange half of noodles in 1½ qt. casserole. Top with combined apple sauce, lemon juice, and nutmeg. Cover with rest of noodles; top with sausages. Sprinkle with cheese. Bake 20 minutes, or until hot.

OLIVE POTATOES

- 3 tbsp. butter
- 3 tbsp. flour
- $\frac{1}{2}$ tsp. salt Dash pepper
- $\frac{3}{4}$ cup undiluted evaporated milk
- $\frac{3}{4}$ cup water
- 1 cup grated cheese
- 4 cups diced cooked potatoes
- $\frac{1}{2}$ cup sliced ripe olives
- $\frac{1}{2}$ cup soft bread crumbs
- 2 tbsp. melted butter

Heat oven. Melt butter in saucepan. Remove from heat. Blend in flour, salt, and pepper. Stir in milk and water gradually; cook over medium heat stirring constantly, till thickened. Add cheese; continue cooking and stirring until cheese is melted. Combine potatoes and olives in 1½ qt. casserole pour cheese sauce over them. Toss crumbs with butter; sprinkle on top. Bake until crumbs are golden. 350° F. Baking time 30 minutes.

CANADIAN CHEDDAR AND MUSHROOM PIE

Melt 1 tbsp. butter in frying pan. Sauté 1 tbsp. minced onion and $\frac{3}{4}$ cup sliced mushrooms (fresh or canned) for 5 minutes, or until soft. In top of double boiler scald 1 cup milk. Blend in (10 ounce) can cream of mushroom soup and add 1 cup grated old canadian cheddar cheese. Stir until melted. Add onion and mushroom, $\frac{1}{8}$ tsp. paprika and few grains pepper to sauce. Gradually combine sauce with 3 slightly beaten eggs.

Pour custard into baked pie shell; sprinkle with cayenne. Bake in slow oven 325° F until custard is set (about 45 minutes). Serve hot or cold with crisp salad.

TOMATO CHEESIES

- 6 slices toast
- 2 cups grated cheese
- $2\frac{1}{4}$ cups canned tomato or
vegetable juice heated
- $\frac{1}{4}$ tsp. onion salt
- $\frac{1}{8}$ tsp. pepper

Cover bottom of shallow casserole or baking dish with 3 slices toast; sprinkle with half of cheese. Cover with remaining toast and cheese. Pour tomato juice, combined with seasonings, over top. Bake. 375° F. temp. 30 min.

TOMATO-CHEESE CASSEROLE

- 4 medium tomatoes, cut into $\frac{1}{2}$ " slices
- 1 cup grated cheese ($\frac{1}{4}$ lb.)
- $\frac{1}{3}$ cup thinly sliced onions
- $\frac{1}{2}$ tsp. salt $\frac{1}{8}$ tsp. pepper
- 1 cup crushed potato chips

Heat oven. Arrange half of tomato slices in bottom of $1\frac{1}{2}$ qt. casserole. Arrange half of cheese and onion slices in layers over tomatoes; sprinkle with half of salt and pepper. Repeat; top with crushed potato chips. Bake till cheese is melted and bubbly. 350° F. 30 min.

SPECIAL CANDIED SWEET POTATOES

- 2 lb. peeled, cooked sweet potatoes or yams
- 1 cup drained, cooked dried apricots
- 1 cup brown sugar, packed
- $\frac{1}{4}$ cup melted butter
- $\frac{1}{4}$ cup liquid drained from apricots
- 1 tsp. grated orange rind
- $\frac{1}{4}$ cup chopped walnuts

Heat oven. Cut potatoes into thick slices; arrange layer of potatoes in greased 10"x6"x2" baking dish. Cover with layer of apricots; sprinkle with brown sugar. Repeat layers. Combine butter, apricot liquid, orange rind. Pour over layers. Bake basting once or twice with liquid in bottom of dish. Top with nuts last 5 min. Substitute 2 cups thinly sliced, pared apples for apricots. Omit apricot liquid. Bake as above. 375° F. oven. 45 minutes.

CHEESE SANDWICH BAKE

- 12 slices enriched white bread, crusts removed
- 2 tbsp. melted butter
- 2 cups grated cheese (sharp)
- 1 can small sardines
- 1 minced onion 1 cup water
- 6 tbsp. nonfat dry milk
- 1 tsp. salt $\frac{1}{2}$ tsp. dry mustard
- $\frac{1}{4}$ tsp. worcestershire
- 1 tsp. pepper 2 eggs

Heat oven. In 12"x8"x2" baking dish, arrange 6 slices bread; brush tops with half butter. Sprinkle cheese evenly over bread. Arrange sardines on cheese; then sprinkle with onion and rest of butter. Cover with rest of bread. Pour water into bowl; add dry milk and next 4 ingredients; beat with hand beater until just blended. Beat in eggs until just blended. Pour over sandwiches. Bake a golden brown. Serve as individual sandwiches.

Burger bake: Substitute $\frac{1}{2}$ lb. ground chuck, browned in skillet, for sardines. Temp.: 350° F., baking time 40 min.

LUMBERJACK MACARONI

- $\frac{1}{2}$ lb. macaroni
- 2 cups grated cheese
- 2 to 4 tbsp. worcestershire sauce
- $\frac{1}{4}$ cup chilli sauce
- $\frac{3}{4}$ cup melted butter

Cook macaroni until tender 15 or 20 minutes. 1 tbsp. salt added. Drain, put on large platter, sprinkle with cheese, sauce and melted butter. Mix with 2 forks until creamy.

LUNCHEON DISH

- 1 tin cream of chicken soup
- 1 cup water
- 1 cup cheese

Heat and serve on toast.

CHEESE AND RICE SOUFFLÉ

- | | |
|------------------------|----------------------------------|
| 1 cup cooked rice | $\frac{1}{2}$ lb. cheddar cheese |
| 2 tbsp. butter | 4 eggs |
| 3 tbsp. flour | $\frac{1}{2}$ tsp. salt |
| $\frac{3}{4}$ cup milk | dash cayenne pepper |

Melt 2 tbsp. butter in double boiler, then stir in 3 tbsp. flour. When this mixture is smooth, stir in $\frac{3}{4}$ cups milk and cook until thickened. Add $\frac{1}{2}$ lb. cheese to sauce and mix until well blended. Add $\frac{1}{2}$ tsp. salt and dash cayenne to egg yolks, and beat with a fork, then add slowly to cheese sauce. Remove sauce from heat. Fold rice gently into cheese sauce. Next beat egg whites with hand beater or electric mixer until they form stiff peaks when beater is raised but not dry. Slowly pour cheese and rice mixture into them, gently folding the two together with wooden spoon or rubber spatula, using an under over motion. The more gently it is folded, the higher and more glorious the finished soufflé. Turn soufflé into a $1\frac{1}{2}$ qt. casserole. For a crown on soufflé take spoon and make shallow path around casserole 1 in. from edge. Bake in 325° F oven for 40 min.

BAKED SHRIMP AND CHEESE DELIGHT

- ¼ lb. fresh mushrooms, sliced
- 2 tbsp. butter or margarine
- 1 lb. cooked, cleaned shrimp (or 2-5 oz. cans shrimp, cleaned, and rinsed)
- 1½ cups cooked rice
- 1½ cups grated process cheddar cheese (6 oz.)
- ½ cup evaporated milk, undiluted
- 3 tbsp. ketchup
- ½ tsp. worcestershire sauce
- ¼ tsp. salt
- ⅛ tsp. pepper

Heat oven. Saute' mushrooms in butter 10 minutes, or until tender. Lightly mix in shrimp and rest of ingredients. Pour into 4 or 5 individual casseroles. Bake until bubbly and golden. Temp.: 350° F. 25 minutes.

BAKED CHICKEN PUFF

- 1 can condensed cream of mushroom soup
- 1/3 cup milk ½ tsp. salt
- 1 cup diced, cooked chicken
- 2 cups cooked peas
- 4 eggs, separated
- 1/3 cup grated cheese

Heat oven. Combine undiluted soup, milk, and salt in 1½ qt. casserole. Add chicken and peas. Bake 10 min. Meanwhile, beat egg whites until stiff. Then, with same beater, thoroughly beat egg yolks; add cheese. Lightly fold yolks into whites, and pile onto chicken mixture. Bake 30 min. longer. 375° F.

CHEESE RICE PUFF

- | | |
|-------------------|---------------------|
| 2 tbsp. butter | 2 tbsp. flour |
| 1 tsp. salt | ½ tsp. paprika |
| 1½ cup milk | 1 cup grated cheese |
| 1 cup cooked rice | 3 eggs |

Make cream sauce of butter, flour, seasonings and milk.

Add cheese. When cheese is melted add rice and egg yolks, mix well. Fold in stiffly beaten whites. Pour into buttered baking dish placed in pan of hot water. Bake $\frac{3}{4}$ to 1 hour in moderate oven.

Excellent for luncheon dish with a green salad.

GREEN RICE RING

1 cup rice	Juice $\frac{1}{2}$ lemon
1 cup chopped parsley	3 green onions
1 green pepper	1 cup cream
2 eggs	salt cayenne

Boil rice in salted water to which lemon juice has been added. Cook 20 min., pour cold water through rice and stand in warm oven to dry and separate grain.

Beat egg yolks, add cream, parsley, onions, pepper finely chopped, salt and cayenne to rice. Fold in beaten egg whites last. Bake in moderate oven for 45 minutes.

Fill centre with creamed shrimp to which has been added 2 tbsps chili sauce.

LOBSTER SAUCE

2 tbsp. butter
$\frac{1}{2}$ tsp. white pepper
1 cup hot milk
$\frac{1}{2}$ cup lobster meat, chopped fine
$\frac{1}{2}$ cup lobster meat, broken into $\frac{1}{2}$ inch pieces
2 tbsp. flour
1 tsp. salt
$\frac{1}{2}$ cup scalded cream

Melt butter; remove from heat. Blend in flour and seasonings. Gradually add milk, stirring until well mixed. Cook over low heat, stirring constantly, until thick and smooth. Gradually add cream and stir until well blended. Heat without boiling. Add chopped lobster and lobster pieces to sauce. Keep hot over water until served. Makes about $1\frac{1}{2}$ cups.

SWEET AND SOUR SHRIMP

2 lbs. shrimp
2½ cups (no. 2 can) pineapple chunks
2 tbsp. slivered crystallized ginger
1 green pepper
½ cup sugar
1 tbsp. soy sauce
2½ tbsp. corn starch
3 tbsp. butter
½ cup vinegar
pinch salt

Make sure shrimp are shelled and cleaned. Heat butter in saucepan, toss in the shrimp and cook about five minutes. Stir occasionally. Now pour in pineapple and pineapple juice, add slivered ginger, pepper cut in strips, vinegar, sugar, salt and soy sauce. Cook over low heat for 2 minutes. Spoon out a little of the liquid and mix with the corn starch until you have a smooth paste. Pour back into shrimp mixture and cook slowly, stirring constantly, until liquid is transparent and slightly thick. Serve with fluffy piping hot rice to 6.

SALMON IN A PASSEL

3 cups biscuit mix	½ cup chopped parsley
1 cup milk	1 lb. can peas (1½ cups)
2 tbsp. butter, melted	1 lb. can salmon, drained

Add milk to biscuit mix, stirring until blended. Roll out on lightly floured board into rectangular shape 18"x12". Brush with melted butter. Sprinkle with parsley. Mix peas and salmon and arrange over parsley. Roll as for jelly roll. Place on cookie sheet or shallow pan; bake in hot oven (400°) F for about 30 minutes.

CREAMED OYSTER CASSEROLE

Sauté till tender in a skillet 2/3 cup finely chopped onion in ½ cup butter or margarine. Then add 4 dozen raw oys-

ters, drained, or 2 pkg. frozen oysters, thawed and drained; cook them just until their edges begin to curl. Add to the skillet 2 cans condensed cream of chicken soup, one 6 ounce can sliced mushrooms, 1½ cups grated parmesan cheese, and ¼ tsp. black pepper. Turn into casserole to keep warm till serving time. Serve with wild rice or plain white rice, and a salad, for a party main dish. Serves 8.

BAKED SANDWICHES

8 slices bread

8 slices cheese

3 eggs

1 pint milk

Place 2 slices Kraft cheese, brick form, between two slices bread from which crusts have been trimmed. Sprinkle with salt and pepper and brush the outside with melted butter. Place in pan and pour over sandwiches milk mixed with beaten eggs and let stand 2 hours in ice box. Baste occasionally. Bake slowly at 300° for 1 hour until sandwiches are golden brown and puffed up like a souffle. Serve immediately.

HERRING AU GRATIN

2 salt herrings

4 tbsp. butter

6 medium raw potatoes

½ cup cream

3 large onions sliced

bread crumbs

white pepper to taste

Clean fish and remove all bones. Soak overnight in cold water. Cut fish in lengthwise pieces. Slice potatoes and onions thinly. Butter baking dish, add alternate layers of fish, potatoes and onion, with potatoes on top. Pour cream over all, and add bread crumbs and butter. Bake 30 minutes in moderate oven, then reduce heat and bake 30 minutes more.

CRAB MEAT DIP

1 can crab meat

1 pkg. cream cheese

¼ tsp. dry mustard

Rub bowl with onion or

salad dressing to moisten

garlic for flavor

½ tsp. chopped parsley

VENETIAN SOLE WITH POTATOES CONSULATE

1 lb. fillet of sole
flour salt
oil for frying
1 small onion, chopped
 $\frac{1}{4}$ cup dark seedless raisins
2 lbs almonds, slivered
 $\frac{1}{3}$ cup cider vinegar

Dip sole in flour and sprinkle with salt. Brown on both sides in small amount of oil. Remove to shallow baking dish and keep hot in slow oven (about 300° F). Fry onion in pan in which fish was cooked. Add raisins and almonds and fry briefly. Add vinegar and heat to boiling. Pour over fish and bake 10 minutes longer. Serve hot or cold.

Potatoes consulate.

Select even-sized potatoes, wash and pare. Cut slice off one side so potato stands firm. Slice down in $\frac{1}{8}$ inch slices to about $\frac{1}{4}$ inch from the bottom. Place in greased baking pan; brush with butter. Bake in 400° F. Oven for 40-45 min.

CRAB MEAT CASSEROLE

1 cup celery
1 medium onion
1 6 oz. can shrimp (broken)
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. worcestershire sauce
1 green pepper, chopped
1 6 oz. can crab meat
 $\frac{1}{8}$ tsp. pepper
1 cup miracle whip salad dressing
1 cup bread crumbs

Mix all ingredients together, with bread crumbs on top. Bake in moderate oven until hot and bubbly. Serve with potato chips and a jellied mold, rolls or hot bread. Nice for sunday supper.

Fish

BAKED CHEESE SHRIMP CUSTARD

7 slices bread buttered	3 eggs well beaten
$\frac{1}{4}$ lb. american cheese	$\frac{1}{2}$ tsp. paprika
2-5 $\frac{3}{4}$ oz. cans shrimp	2 $\frac{1}{2}$ cups milk

Remove crusts, butter bread and cut into squares. Cut cheese into thin slices. Alternate layers bread, shrimp and cheese. Combine eggs, paprika and milk. Pour over mixture. Bake 325° 1 hour.

FISH SOUFFLÉ

1 cup raw fish ground	4 eggs
$\frac{1}{4}$ cup butter	1 $\frac{1}{4}$ tsps salt
$\frac{1}{3}$ cup flour	$\frac{1}{2}$ tsp. pepper
1 $\frac{1}{2}$ cups milk	For casserole: buttered crumbs

Melt butter and stir in flour until well blended, add milk while stirring and cook 3 to 4 mins. Add fish and season. Fold in stiffly beaten egg whites, then pour mixture into well buttered and bread crumbed casserole. Bake in moderate oven 45 mins. Serve immediately with Lobster Sauce, Mushroom Sauce or Hollandaise Sauce.

ESCALLOPED HERRING

3 salt herring	3 cups milk
6 medium size potatoes, diced	1 cup water
3 medium size onions, sliced	pepper, parsley

Soak herring in cold water 24 hours. Drain, clean and cut into pieces. Simmer potatoes and onions in milk and water about 10 minutes, then put into casserole, alternating with layers of herring. Bake in oven until potatoes are done. Garnish with parsley.

LOBSTER STUFFED EGGS

Cut into small pieces 1 can of lobster meat, mix with mayonnaise, and sieved egg yolk, lemon juice, salt and pepper to taste. This will fill 10 hard cooked egg halves.

SALMON CASSEROLE "LAX LADA"

Butter a baking dish, place sliced potatoes in it until half full, add a small onion, sliced. Sprinkle with salt and pepper and add $\frac{1}{2}$ lb. salt salmon, cut in small pieces. Fill dish with more sliced potatoes. On top again, place small piece of salmon, bits of butter and pepper. Pour in enough milk to nearly cover the potatoes. Cover and bake in medium oven for about $1\frac{1}{2}$ hours.

SALMON CASSEROLE

$\frac{3}{4}$ cup rice	3 tbsps butter
$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ cup cheese
3 tbsps flour	1 cup cooked peas
$\frac{1}{2}$ lb. can salmon	

Boil rice until tender, drain. Line buttered dish with rice. Make white sauce, add cheese, peas and flaked salmon. Fill centre of casserole, top with buttered crumbs. Bake in moderate oven to heat thoroughly and brown.

TUNA FISH PUDDING

1 pkg. potato chips	fill can with milk
1 lb. can tuna	bake about $\frac{1}{2}$ hour
1 can cream of mushroom soup	

HERRING AND BEET SALAD

- 1 cup diced pickled herring
- 2 apples cut fine
- 4 or 5 cooked potatoes, diced
- 5 or 6 beets cut into strips
- 2 tbsps. minced onion
- salt and pepper
- 1 cup sour cream
- 2 tbsps. mayonnaise
- ✓ sugar and vinegar to season

Combine fish, apples, and vegetables. Season with salt and pepper. Add mayonnaise to sour cream and mix well. Add a little vinegar and sugar to season. Add to first mixture. Place in refrigerator for at least 1 hour before serving.

NORWEGIAN FISH PUDDING

2 lbs. fish	2 tsps. salt
2 tbsps. flour	pepper
2 eggs	$\frac{1}{2}$ cup cream
$\frac{1}{2}$ cup butter	dash of nutmeg

Put fish through food grinder and grind several times until very fine. And flour and seasoning and eggs, one at a time, beating in thoroughly. Add butter and then the cream, beating until light and fluffy. Turn into buttered mold, set in pan of hot water and bake in moderate oven about one hour. Slice and serve with a cream sauce.

SALMON LOAF

2 cups salmon	$\frac{1}{4}$ cup butter
3 eggs, separated	1 tbsps. lemon juice
$\frac{1}{2}$ cup bread crumbs	salt and pepper
$\frac{1}{2}$ cup diced celery	

Drain and flake salmon. Mix lemon juice, salt and pepper. Add beaten egg yolks, crumbs, melted butter and celery—mix thoroughly. Fold in stiffly beaten egg whites, pour into greased mold and cover with buttered crumbs. Set in pan of hot water and bake in moderate oven until browned, about $\frac{1}{2}$ hour. Unmold, garnish with parsley. Serve with melted butter or a fish sauce.

SHRIMP CUPS

2 small tins shrimps	$\frac{1}{2}$ cup finely chopped green peppers
$\frac{1}{2}$ cup grated cheese	$\frac{1}{2}$ cup finely chopped celery

Make heavy cream sauce and add celery and green peppers. Cook until desired thickness, then add shrimps and grated cheese.

Cut crusts off slices of bread. spread with melted butter and press into muffin tins buttered side down. Brown in moderate oven. Fill with shrimp mixture and serve hot. Serves 8 to 10.

Diced cooked chicken, tuna fish, etc., can be substituted for shrimps.

Vegetables

CORN PUDDING

1 can cream corn	salt to taste
1 cup milk	2 tbsps. sugar
2 tbsps. flour	1 tbsps. melted butter
3 eggs (beaten)	

Mix altogether and bake in oven until set. Nice with chicken or ham.

JULIENNE POTATOES WITH SAVORY SAUCE

6 medium sized potatoes, pared	1 tsp. salt
2 small onions, finely chopped	$\frac{1}{4}$ tsp. pepper
2 tps fat	2 cups milk
2 tbsps. flour	$\frac{1}{4}$ cup grated cheese

Cut potatoes in matchlike sticks, steam until tender. Brown onions and parsley in fat,, add flour and blend: add salt, pepper and milk and cook until slightly thickened. Place hot cooked potatoes in casserole and cover with sauce. Top with cheese.

CAULIFLOWER (BAKED)

1 cauliflower	salt and pepper
1 tbsps. chopped parsley	1 cup white sauce
1 oz. grated cheese	

Cook cauliflower in boiling water until half done. Place in baking dish, pour over white sauce, sprinkle with cheese and seasoning on top. Bake in oven, 425° 20 to 25 mins.

GLAZED PARSNIPS

Pare parsnips, cut in halves lengthwise and cook in boiling salted water until tender. Drain. Arrange parsnips in skillet, brush with melted butter and sprinkle brown sugar over all. Brown on both sides. Serve hot.

Or cut in slices and roll in cracker crumbs and fry in butter.

STUFFED BAKED POTATOES

6 baked potatoes	salt and pepper
2 tbsp. butter	grated cheese
4 tbsp. hot milk	minced parsley

Bake the potatoes and after baking, slice off the tops lengthwise, remove potato pulp with a spoon. Add butter, hot milk, salt and pepper and beat until fluffy. Pile into potato shells, sprinkle with cheese and parsley. Bake and serve hot.

ESCALLOPED TOMATOES

3 cups tomatoes	$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ green pepper	1 tsp. sugar
2 tsp. grated onion	3 tbsp. butter
1 tsp. salt	2 cups bread crumbs

Add shredded green pepper, salt, pepper, sugar and grated onion to the tomatoes. Put a layer of bread crumbs in the bottom of a greased baking dish. Add half the tomatoes, bits of butter, more crumbs and then the remaining tomatoes. Sprinkle the top thickly with crumbs and dot with butter. Bake uncovered until tomatoes are heated through and crumbs are brown.

SWEDISH SWEET-SOUR BEANS

1 lb. brown or red beans	$\frac{3}{4}$ cup sugar
1 tsp. salt	$\frac{1}{3}$ cup flour
$\frac{1}{4}$ cup vinegar	

Soak beans over night and cook until tender with salt. Add the vinegar and sugar, let simmer and add water to make about one quart of juice. Thicken with $\frac{1}{3}$ cup flour in a little water.

CARROT SOUFFLE

2 cups cooked carrots, mashed	2 cups bread crumbs
small bits of grated onion	2 tbsp. butter, melted
3 eggs, beaten separately	2 cups milk

Mix ingredients, adding beaten egg whites last. Bake in buttered pan of hot water, until done.

SWEET GLAZED POTATOES

Select medium sized potatoes. Scrub with vegetable brush to remove all particles of dirt. Cook in boiling water until tender. Drain off water and remove the skins. Cut in halves, lengthwise and put in greased shallow pan. Make a syrup by boiling $\frac{2}{3}$ cup sugar, $\frac{1}{3}$ cup water and $1\frac{1}{2}$ tbsp. butter 5 mins. Pour this over the sweet potatoes. Place in oven. Baste occasionally with the syrup. Oven 400° 20 min. or until a delicate brown.

SWEET POTATOES GLAZED WITH ORANGE MARMALADE

6 sweet potatoes	$\frac{1}{4}$ cup water
1 pound jar marmalade	$\frac{1}{4}$ tsp. salt
2 tbsp. butter	

Scrub and boil potatoes. Cool and peel. If potatoes are large, cut in 3 lengthwise pieces, otherwise in half lengthwise. Put orange marmalade in frying pan, add butter and water. Bring mixture to a boil. Put in sweet potatoes and salt and cook over medium heat until nicely glazed. Turn potatoes often as they cook. Be sure to watch them as they burn easily.

SWEET POTATOE SOUFFLE

Boil 5 sweet potatoes until done; peel and mash before cold and add 1 cup hot milk. Mash a little more and add 1 large lump of butter, 1 tbsp. sugar, pinch of salt and 2 egg yolks beaten. Mix together, then pour small can of cream or canned milk over the potatoes and mix well. Fold in egg whites, beaten stiff. Put in baking dish, sprinkle with paprika and put little lumps of butter on top. Bake slowly 30 to 40 minutes at 350° .

MASHED TURNIPS (ROTMOS)

Cook turnips until tender, then drain. Add half as much boiled potatoes and mash together until light and fluffy. Add a little sweet cream and butter; season to taste. Keep hot until ready to serve.

SWEDISH BROWN BEANS (BRUNA BONER)

1 lb. brown beans	salt to taste
4 or 5 tbsp. dark Karo	1 tbsp. corn starch
4 or 5 tbsp. brown sugar	2 or 3 tbsp. flour
4 or 5 tbsp. vinegar	

Soak beans in cold water overnight. Drain. Cook in salted water until tender. Add Karo, brown sugar and vinegar. Thicken with flour and corn starch. More brown sugar, Karo and vinegar may be added if desired. These are sweet-sour beans.

HARVARD BEETS

1 No. 2 can diced beets	$\frac{1}{2}$ tbsp. corn starch
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup vinegar
2 tbsp. butter	

Heat beets in juice, add sugar, vinegar and corn starch. Cook until thick. Add butter and serve.

ESCALLOPED POTATOES

6 or 8 potatoes	salt and pepper	3 tbsp. flour
1 medium onion	paprika	6 tbsp. butter
1 pint milk		

Pare and slice potatoes. Arrange layer of potatoes in bottom of baking dish, sprinkle with chopped onion, dot with butter and sprinkle with flour, salt and pepper. Repeat until dish is $\frac{3}{4}$ full. Pour milk over all, dot with butter. Cover and bake in a moderate oven, 350°, for 1½ hours. Remove the cover the last 30 minutes.

Salads

LIME JELLO SALAD

1 pkg. lime jello 1 cup cottage cheese

1 No. 2 can crushed pineapple 1 cup whipped cream

Drain juice from pineapple. To the juice, add about $\frac{1}{2}$ cup water, heat and dissolve Jello in juice. When mixture begins to jell, add crushed pineapple and cottage cheese. Fold in stiffly whipped cream. Pour in mold and set in refrigerator until firm. You may add chopped celery, cherries, nuts or pimento if desired.

SALAD SUPREME

1 pkg. lemon jello

1 small can crushed pineapple

2 pkgs. Philadelphia cream cheese

1 small jar pimento

$\frac{1}{2}$ pint whipping cream

Prepare jello as usual. When it begins to set, add cheese and pimento which have been creamed together and the pineapple. Then fold in the stiffly whipped cream. Mold and let set in refrigerator about 12 hours. Serve on lettuce.

CHRISTMAS SALAD

1 small can crushed pineapple

$\frac{1}{2}$ dozen marshmallows, cut fine

1 pkg. lime jello

$\frac{1}{2}$ bottle maraschino cherries

juice of 1 lemon or orange

Measure the pineapple juice and combine with lemon or orange juice and enough water to make two cups of liquid. Dissolve the jello with the liquid and add the crushed pineapple. Put in a cool place, and when it begins to jell, add the finely cut marshmallows and maraschino cherries and chill.

DELICIOUS TUNA SALAD

Put one 7 oz. can chunk-style tuna in colander; pour hot water over it. Drain well; chill. Put tuna in bowl with 2 tbsp. chopped sweet pickle, 1/3 cup chopped celery.

Gradually add 1 tbsp. lemon juice to 1/4 cup mayonnaise. Toss lightly with tuna mixture; add salt, pepper. For each portion, cut peeled tomato into 3 crosswise slices.

Starting with a slice placed on leaf lettuce, alternate the 3 slices with tuna salad, with tomato slice on top. Garnish with watercress and mayonnaise. Serves four.

CHICKEN SALAD

3 cups diced chicken	mayonnaise
2 cups chopped celery	capers
1 cup sliced stuffed olives	salt and pepper

Mix chicken, celery and olives together and season with salt and pepper. Chill. Mound on crisp lettuce. Mask salad with thin covering of mayonnaise and sprinkle with capers. Garnish with slices of hard boiled eggs, pickled beets, tomato wedges, and salted almonds.

CHICKEN SALAD DELUXE

2 cups cooked chicken cut in
generous pieces
1 cup diced celery
3/4 cup seedless grapes
3/4 cup toasted, salted almonds
2 tbsp. lemon juice
mayonnaise or salad dressing
1 tbsp. capers
dash of nutmeg
salt and pepper to taste
crisp lettuce cups

Sprinkle 1 1/2 tbsp. lemon juice over chicken, add half tbsp. lemon juice to celery. Let stand at least 1 hour. Then mix all ingredients together and pile lightly on lettuce. Serve with extra dressing.

COTTAGE CHEESE MOLDED SALAD

- | | |
|-------------------------|-------------------------------|
| 1 pkg. lime jello | 1 cup heavy cream, whipped |
| 2 cups cottage cheese | 3 tbsp. sweet relish |
| 1 cup crushed pineapple | 3 tsp. vinegar or lemon juice |
| maraschino cherries | |

Dissolve jello, chill until slightly congealed, and add other ingredients. Chill until solid and serve on lettuce leaves.

MOLD CRANBERRY JELLY

- | | |
|--------------------|-------------------------|
| 4 cups cranberries | $\frac{1}{2}$ cup sugar |
| 2 cups water | 1 pkg. strawberry jello |

Cook cranberries with water until skins burst. Put through sieve. Add sugar, stirring until dissolved. Add gelatine and stir until dissolved. Pour into individual molds. Chill until firm.

DEEP SEA SALAD

- | | |
|------------------------------|-------------------------|
| 2 cups canned salmon, broken | sliced cucumbers |
| into pieces | asparagus tips |
| 1 cup fresh cooked cold peas | mayonnaise |
| 1 cup sliced celery | lettuce |
| 2 tbsp. minced onion | stuffed olives |
| salt | halved hard cooked eggs |
| sliced tomatoes | |

Mix first 5 ingredients together. Pile on crisp lettuce leaves and garnish salad plate with slices of tomato, slices of cucumber, asparagus tips, stuffed olives and halved hard cooked eggs. Sprinkle over all with paprika. Serve with mayonnaise or french dressing.

FRUIT COCKTAIL SALAD

Dissolve 1 package lemon jello in heated juice from 1 can of fruit cocktail, with water added to make the required 2 cups. When slightly congealed, add 1 package Philadelphia Cream Cheese mixed with $\frac{1}{2}$ cup salad dressing, $\frac{3}{4}$ cup whipped cream, the fruit cocktail and a dash of nutmeg. Chill until firm.

FROZEN BANANA SALAD

2-3 oz. pkgs. Philadelphia	$\frac{1}{2}$ cup crushed pineapple
cream cheese	2 medium sized bananas
1 tsp. salt	$\frac{1}{2}$ cup walnuts
$\frac{1}{2}$ cup mayonnaise	1 cup whipping cream
juice of 1 lemon	crisp lettuce leaves
$\frac{1}{2}$ cup maraschino cherries, halved	

Mix cream cheese with salt, lemon juice and mayonnaise, then add pineapple, sliced bananas, nuts and maraschino cherries. Fold in whipped cream and pour in freezing tray. When frozen serve in slices on crisp lettuce. Garnish with fresh fruit. Fresh whole strawberries are very attractive. Serves 6 to 8.

SUB LIME LOAF

1 cup coconut	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup butter	2 tbsp. lemon juice
$1\frac{1}{2}$ cups vanilla cookie crumbs	1 cup evaporated milk,
1 pkg. lime flavored jelly	chilled and whipped
1 cup hot water	

Saute the coconut in butter until golden brown, add the crumbs and mix well. Press half the mixture in bottom of mold. Dissolve jelly in hot water, stir in sugar and lemon juice, chill until slightly thickened. Fold in whipped evaporated milk. Turn onto crumb mixture in pan. Top with remaining crumbs. Chill until firm. Cut into squares.

SALAD DRESSING

2 eggs
1 teaspoon salt
1 heaping teaspoon mustard
1 tin Borden's evaporated milk
1 cup vinegar

Beat eggs until light, add mustard and salt, beat some more, then add the evaporated milk, add vinegar. Let stand 15 minutes until thick.

Bread and Rolls

THIN BREAD

- | | |
|-------------------------------|-------------------|
| 4 cups graham flour | pinch of salt |
| 2 cups white flour | 1/3 lb. lard |
| 2 dessertspoons baking powder | 1 cup brown sugar |

Mix above ingredients, then add water as for pie pastry. Roll very thin. Bake in quick oven.

TUNNBROD (THIN BREAD)

- | | |
|-----------------------|---------------------------|
| 4 cups milk | 1 tsp. salt |
| 2½ tsp. baking powder | flour to make stiff dough |
| 2 cups sweet cream | |

Method: Sift flour, salt and baking powder together. Add to the liquid; roll very thin with a corrugated rolling pin. Bake on rack in a hot oven until browned. Turn to brown on both sides.

SWEDISH RYEBREAD

- | | |
|---------------------------|----------------------|
| 2 cakes yeast | flour (white) |
| 4 tbsp. melted shortening | 1 qt. lukewarm water |
| 4 tbsp. molasses | 1 tsp. sugar |
| 1 tbsp. salt | 3 cups rye flour |
| 1 cup brown sugar | anise seed |

Method: Dissolve yeast in lukewarm water to which 1 tsp. sugar has been added. Add enough white flour to make a soft sponge and let stand in warm place until bubbly. Heat molasses and add pinch of soda, then add melted shortening to the sponge. Add sugar, salt and rye flour to sponge, beating well. Add enough white flour to make dough stiff enough to knead. Put into greased bowl and set in warm place to rise. When double in bulk, knead and let rise again. When light, shape into loaves and let rise again. Bake in moderate oven about 45 minutes.

RUSKS

1 cake compressed yeast	salt
2 eggs	$\frac{3}{4}$ cup shortening
4 cups scalded milk	flour
1 cup sugar	cardamom seed, as desired

Method: Dissolve yeast in small amount tepid water. Scald milk, add shortening, sugar and salt. When lukewarm add yeast, then add beaten eggs. Add enough flour to make a soft sponge. Beat well. Add flour to make a stiff dough, kneading **WELL**. Let rise in greased bowl until double in bulk; knead down. Let rise again, then shape into rolls. Place in greased pan and let rise until light. Bake in moderate oven. Next day cut rolls in half lengthwise and toast until golden brown in a slow oven.

LIMPOR (ORANGE RYE BREAD)

2 cakes compressed yeast	10-12 cups rye flour
3 cups white flour	6 orange peels
2 tbsp. salt	2 tbsp. sugar
2 cups corn syrup	1 qt. milk slightly sour

Method: Dissolve yeast in small amount water, add sugar. Pour lukewarm milk onto rye flour mixed with enough flour to make a soft dough. Add yeast and beat well. Add rest of flour and turn out on board, kneading dough until it is smooth and elastic. Let rise in warm place until double in bulk. Cut orange peel in small pieces and cook in water until tender. Add it and the slightly warmed syrup to the dough. Knead until firm, adding more flour if necessary. Let rise again. Turn onto floured board and knead. Shape into five loaves and place on floured board or cloth to rise until light. Place carefully in greased bread pans, brush tops with warm water, bake in moderate oven (350°) for 20 minutes, then increase heat to (400°) F for 10 minutes. After removing from oven brush with warm water. Cover loaves with cloth to keep them soft.

SWEDISH COFFEE BREAD

1 cake yeast	1 cup chopped almonds
2 cups milk, scalded	2 eggs well beaten
$\frac{1}{2}$ cup butter	8-9 cups flour
$1\frac{1}{2}$ tsp. salt	1 cup raisins
1 cup sugar	$\frac{1}{2}$ cup chopped citron

Method: Dissolve yeast in $\frac{1}{2}$ cup lukewarm water. Add lukewarm milk into which butter, salt and sugar have been dissolved. Add eggs and enough sifted flour to make a soft sponge. Beat thoroughly. Add floured fruit and almonds and rest of flour. Knead until smooth and elastic and set in warm place to rise until double in bulk. Knead and let rise until light. Roll out and cut dough into 6 strips. Braid three strips together, thus making two loaves. Brush tops with egg and milk mixture; sprinkle with sugar, cinnamon and chopped almonds. Let rise again until light, then bake 30-35 minutes in moderate oven. Very nice if fruit omitted and cardamom seed added.

ORANGE BREAD

- 1 pkg. of dry granular yeast
- 1 cup lukewarm water
- 2 tbsp. orange juice
- 2 tbsp. grated orange rind
- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{4}$ tsp. salt
- 2 tbsp. melted shortening
- 1 egg

About $3\frac{1}{2}$ cups sifted all-purpose flour

Bring the 1 cup water to boil and allow to cool to lukewarm. Divide water in half. Use one half to dissolve the yeast in. Follow the directions for this on the pkg. of yeast.

To the other $\frac{1}{2}$ cup lukewarm water add the orange juice, orange rind, salt and melted shortening. Stir to dissolve sugar and salt and blend.

Sift flour then measure it. Add 1 cup to the mixture of

orange juice and shortening, etc. Mix in thoroughly until smooth. Add the egg and softened yeast to this mixture. Beat to blend thoroughly, adding the rest of flour. There should be enough flour added so that the dough is soft but not sticky. Turn dough out onto lightly floured board and knead gently until smooth and satiny. The dough should not stick to the board but if it does add a bit more flour and knead carefully. Turn dough into greased bowl, allow to rise to double in bulk. Punch down. Let it rest for 10 minutes. Turn out onto board and shape into loaf. Place into greased loaf pan, about 8.5 to 4.5 inches. Cover lightly and once more allow to rise to double in bulk. When ready to bake, place in hot oven 400°. Bake at this temperature for 40 to 45 minutes or until bread is done.

ALL BRAN BANANA NUT BREAD

$\frac{1}{4}$ cup crisco	$\frac{1}{2}$ cup sugar
1 egg	1 cup Kellogg's All Bran
$1\frac{1}{2}$ cup ripe mashed bananas	$1\frac{1}{2}$ cups flour
1 tsp. vanilla	$\frac{1}{2}$ tsp. salt
2 tsp. bakings powder	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ tsp. soda	

Cream shortening and sugar, add egg and beat well. Add All Bran, bananas and flavoring. Sift flour, baking powder, salt and soda together and add to first mixture with nuts, stirring only until flour disappears. Bake in greased and floured loaf pan at 350° F. for 1 hour.

BRAN MUFFINS

$\frac{1}{2}$ cup butter	1 cup bran
$\frac{3}{4}$ cup brown sugar	1 cup flour
1 egg	1 cup sour milk
$\frac{1}{4}$ tsp. salt	1 tsp. soda
1 tbsp. molasses	

Beat egg, add sugar, then butter, molasses, salt, bran, milk and flour. Add soda last. Bake in hot oven for 20 minutes.

SWEDISH LIMPA (RYE BREAD)

4 cups buttermilk	3 tbsp. shortening
1 tsp. soda	2/3 cup sugar
2 cups water	2 tbsp. salt
2 cakes yeast	½ cup molasses

rye flour and white flour, equal parts about 6 cups each

Method: Dissolve yeast in ½ cup warm water, adding 1 tsp. sugar. Mix sugar, shortening, salt, molasses and water and bring to a boil. Add soda to buttermilk, then add hot liquid mixture. Add rye flour. Mix well and add yeast. Add white flour and knead well. Place in greased bowl and let rise until double in bulk. Turn out on floured board, knead and shape into loaves. Place on greased pans and let rise until double in bulk. Bake 1 hour in moderate oven. Makes 6 loaves.

SWEDISH COFFEE BREAD

½ cup butter	1 tsp. salt
1 quart milk	½ cup raisins (optional)
1 cake yeast	2 eggs well beaten
1 cup sugar	

If raisins used soak in hot water first.

Method: Scald milk, add sugar and salt and cool to lukewarm. Add yeast cake dissolved in small amount of milk. Add eggs and some of the flour, beating thoroughly. Add enough flour to make a sponge and put in warm place for 2 hours. Melt butter and when cool add to sponge. Add raisins and enough flour to make a good elastic dough. Knead well. Let rise until light, then shape into loaves and place in greased pans. Let rise until double in bulk, then brush tops with milk or egg whites. Bake in moderate oven 35 to 40 minutes. Brush with melted butter. In place of raisins 1 tsp. ground cardamom seed added to dough is very good.

VIENER BROD (DANISH PASTRY)

3 cakes compressed yeast	1 tsp. salt
1 cup butter	3 tbsp. sugar
2 cups milk	flour
2 eggs	

Method: Scald milk and cool to lukewarm. Dissolve yeast in small amount of milk; beat eggs slightly, reserving small amount of egg for top of dough. Combine all ingredients, adding enough flour to make a stiff dough. Beat well.

Turn dough out on floured board and roll thin. Spread dough with butter, fold and roll out again; repeat this 3 times, spreading with butter each time. Finally roll to $\frac{1}{4}$ inch thickness, cut in strips 5 inches wide, put filling in centre and fold dough over from each side. Brush top with egg, cut here and there with scissors and shape into ring. Let rise 1 hour, then bake 30 minutes in moderate oven.

Filling: $1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup nuts
 $\frac{3}{4}$ tsp. almond extract
dates, apricots, or prunes

Cook fruit and when cool add rest of ingredients and spread on dough. Sprinkle sugar and chopped nuts over dough before baking.

KAFFE KAGE (SUNDAY MORNING COFFEE CAKE)

1 cup sugar	2 eggs beaten separately
$\frac{1}{4}$ cup butter	2 tsp. baking powder
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ tsp. salt
$1\frac{1}{4}$ cups flour	

Method: Cream butter and sugar. Sift flour with salt, add egg yolk to milk, then add liquid and dry ingredients, fold in egg whites last. Pour into well greased baking pan. Sprinkle top with mixture of $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ tsp. cinnamon and $\frac{1}{4}$ cup chopped pecans. Bake 30 minutes.

BUTTER ROLLS

1 cake yeast	1 cup hot water
3 tbsp. shortening	1 tsp. salt
1/3 cup sugar	1 egg
3½ cups flour	

Method: Dissolve yeast in small amount lukewarm water. Add shortening, sugar and salt to hot water and let stand until lukewarm. Add yeast and beaten egg. Beat in flour, set in cold place for several hours. Keep at room temperature for 1 hour before rolling out. Roll to ¼ inch thickness, brush with melted butter, cut into strips 2 inches wide, place strips one on top of another, then cut into 2 inch squares. Arrange in greased muffin pans. Let rise in warm place until double in bulk, then bake in hot oven for 20 minutes.

HOT CROSS BUNS

1½ cups milk, scalded
2 eggs, well beaten
½ cup butter
½ cup sugar
1 tsp. salt
1 cake compressed yeast, dissolved in
¼ cup lukewarm water
2 cups flour

Method: Combine all ingredients and beat until light and bubbly.

Add: 1 cup seedless raisins 1/3 cup chopped citron
 ½ tsp. powdered cardamom 2½ cups flour

Knead well, put in greased bowl and set in warm place to rise. Knead once, let rise until double in size, form into small rolls and let rise until light. Brush with melted butter. With sharp knife cut cross through top of each roll. Bake 15 minutes. Brush with butter and sprinkle with sugar.

ICE BOX BISCUITS

1 cup boiling water	1 yeast cake
$\frac{3}{4}$ cup shortening	1 cup ice water
$\frac{3}{4}$ cup sugar	2 beaten eggs
1 tsp. salt	6 cups flour

Make a separate mixture using the ice water, sugar, 1 egg and salt. Crumble a yeast cake into it. Pour boiling water over shortening and cool. Then add the first cold mixture, add flour, stir until smooth. Put in refrigerator until ready for use. Let rise.

GRAHAM CRACKER MUFFINS

2 cups rolled graham cracker crumbs	
$\frac{1}{2}$ cup raisins or dates	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup nuts	4 tbsp. butter
4 tbsp. sugar	1 cup milk

Mix first 5 ingredients. Melt butter in milk and add to dry ingredients. When cool add 2 tsp. baking powder and stir well. Bake for 20 mins. at 350° F.

SWEDISH RYE BREAD

2 cups water
$\frac{1}{2}$ cup brown sugar
2 tsp. caraway seeds
1 tbsp. shortening
1 tsp. chopped orange peel or
1 scant tsp. anise seed
1 package yeast
white flour as needed (about 3 cups)
1 tsp. salt
rye flour as needed (about 2 cups)

Boil together water, sugar, seeds, shortening and peel for 3 minutes. Let mixture become lukewarm. Add yeast. Stir thoroughly, gradually adding sufficient white flour to make a soft dough. Place dough in warm place and let rise for 1½ hours. Then add salt and enough rye flour to make a stiff dough. Let rise again for 2 hours. Shape into loaves. Let rise ½ hour. Bake in 350° F. oven for 1 hour.

JIFFY ORANGE NUT BREAD

- 2 cups sifted all purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- ½ tsp. salt
- 2 tbsp. butter or margarine
- ½ cup boiling water
- 2 tbsp. grated orange rind (rind
of 1 orange)
- 1/3 cup orange juice (about 1 orange)
- 1 cup sugar
- 2 tsp. vanilla
- 1 egg, slightly beaten
- ½ cup coarsely cut walnuts
- 6 walnut halves

Method:

1. Grease loaf pan.
2. Measure flour, baking soda, baking powder and salt into sifter.
3. Melt butter in boiling water in medium size bowl.
4. Blend in orange rind and juice, sugar, vanilla and slightly beaten egg.
5. Sift dry ingredients over orange mixture; add nuts. Stir just until all flour is dampened. Batter will be lumpy.
6. Pour batter into greased pan. Place walnut halves on top.
7. Bake in mod. oven 350° F. 1 hour or until wooden pick inserted in centre will come out clean.
8. Remove loaf from pan, cool, wrap in wax paper, store. Slices better the day after baking.

SWEDISH SCONES

- | | |
|-------------------------|--------------|
| 1 cake compressed yeast | ½ cup sugar |
| 5 tbsp. butter | 1 cup milk |
| 1 tsp. salt | 4 cups flour |

Method: Dissolve yeast in 2 tbsps. warm milk with 1 tsp. sugar. Scald milk, add butter, sugar and salt. When luke-

warm add to yeast. Add beaten eggs, then add 2 cups flour and beat thoroughly. Add rest of flour gradually. Cover and place in ice box over night. Four hours before baking remove from refrigerator. Divide dough into four parts. Roll each in round about $\frac{1}{4}$ inch thick. Brush with melted butter. Cut into segments like pie, roll each strip up, beginning at wide end and roll to point. Place on greased baking sheet, cover and let rise 4 hours. Bake in moderate oven 20 minutes.

SMOR KRANSAR (BUTTER RINGS)

1 cake compressed yeast	3 egg yolks
1 cup sweet cream	1 tsp. salt.
$\frac{1}{2}$ cup milk	3 to $3\frac{1}{2}$ cups flour
4 tbsp. sugar	2 tsp. sugar
$\frac{1}{2}$ cup butter	

Method: Sift flour with 4 tbsp. sugar and 1 tsp. salt. Add butter and mix until mealy. Scald milk and add 2 tsp. sugar. When lukewarm add crumbled yeast and stir until dissolved. Add cream and beaten egg yolks. Stir this into flour, mixing to a smooth dough. Place in refrigerator over night. Next morning make into twists, braids or coffee cake. Let rise $\frac{1}{2}$ hour more and bake in moderate oven, 350° Fahrenheit. When baked spread with sugar and water icing and garnish with nuts.

DATE LOAF

1 cup chopped dates	Mix
1 tsp. baking soda	1 cup brown sugar
1 cup boiling water	1 tbsp. butter
Cool.	1 egg

Add to cooled mixture

Then add $1\frac{1}{2}$ cups flour. Bake 1 hour.

Pancakes and Waffles

WAFFLES

2 cups flour	4 tsp. baking powder
1 tsp. salt	3 egg yolks
2 cups milk	6 tsp. butter
3 egg whites	

Sift dry ingredients. Add milk and melted butter to beaten egg yolks. Add dry ingredients and lastly fold in whites of eggs beaten stiff. If half of recipe is desired use 2 eggs.

CREAMED HONEY

4 tbsp. honey
3 tbsp. melted butter
$\frac{1}{2}$ cup whipped cream

Beat honey and melted butter. Fold in whipped cream and beat all together until stiff. Delicious over waffles or pancakes.

PLATTAR (DESSERT PANCAKES)

3 eggs	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup sugar	1 cup sifted flour
2 cups milk	1 tsp. vanilla
3 tbsp. melted butter	

With hand beater, beat eggs well; gradually add salt, sugar, flour, milk, and vanilla, beating well after each addition. Stir in butter, heat pancake griddle; grease lightly. Make little thin pancakes. Spread each pancake with whipped cream, lingonberries, preserves, apple sauce, cottage cheese, or sour cream. Stack in groups of six; or roll up each cake. Or, as each pancake comes from griddle, roll it up, sprinkle lightly with sugar; pass bowl of whipped cream, lingonberries, etc.

POTATO PANCAKES

3 medium potatoes	$\frac{1}{2}$ tsp. salt
1 small onion	$\frac{1}{4}$ tsp. baking powder
1 egg	$\frac{1}{8}$ tsp. pepper
2 tbsp. flour	shortening or salad oil for frying

As you fry the pancakes keep them in a low oven. Served with hot apple sauce and almost any meat; they really hit the spot.

Slide a tbsp. of the pancake mixture into hot shortening. Fry only a few pancakes at a time. In other words don't crowd the skillet. Spread and flatten pancakes with back of spoon or spatula. When bottom side is crisp and brown, flip and brown second side, makes 15.

POTET KAGER (POTATO PANCAKES)

1 quart grated raw potatoes	2 tsp. salt
4 eggs	$1\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ cup rich milk	

Separate yolks from whites of eggs; combine all ingredients except egg whites and mix well. Beat whites of eggs until stiff and fold into potato mixture. Fry like pancakes on buttered griddle. Serve with butter and syrup or jam.

PLATTAR (SWEDISH PANCAKES)

3 eggs	2 tbsp. sugar
3 cups milk	$\frac{1}{2}$ tsp. salt
1 cup flour	4 tbsp. butter, melted

Method: Beat yolks. Add milk, flour, sugar and salt to yolks gradually, beating until batter is smooth. Let stand 2 or 3 hours. When ready to use fold in stiffly beaten egg whites. Butter heavy griddle or "Platt" pan. Let butter brown and have pan very hot for tender cakes. Cakes may be spread with meat mixture, creamed chicken, cooked vegetables. Roll and serve hot. If preferred, cakes may be stacked on plate with a filling between each layer. Keep hot. When ready to serve cut like pie.

DELICATE CREPES SUZETTE

½ cup flour	1 tbsp. sugar
⅛ tsp. salt	2 eggs, well beaten
2/3 cup milk	1 tbsp. melted butter
¼ tsp. grated lemon rind	

For Suzette sauce:

6 tbsp. butter	1½ tsp. grated orange rind
3 tbsp. sugar	1/3 cup orange juice
¼ tsp. grated lemon rind	3 tbsp. brandy (optional)

Sift flour, measure; sift again with sugar, salt. Combine eggs, milk, butter, lemon rind; gradually stir into flour mixture; mix till smooth.

Heat small skillet over medium heat; grease lightly with butter. Pour about 2 tbsp. of the batter into skillet; quickly tilt to spread in thin layer. Bake until set and browned; turn and brown other side. Grease skillet again if necessary. As each crepe is baked, place on shallow pan; roll. Cover with a clean towel. Keep them warm until ready to serve.

Melt butter for sauce in skillet. Add sugar, lemon and orange rinds, juice. Stir over low heat 5 minutes. Add crepes, one at a time, rolling to coat with sauce; reroll.

Serve warm in their own orange sauce. Or sprinkle with brandy; ignite and spoon flaming sauce over crepes.

BLUE-CHEESE PUFF-UPS

1 3 oz. pkg. cream cheese	¼ tsp. worcestershire sauce
2 oz. blue cheese crumbled	6 slices bread
1 tbsp. light cream	3 small tomatoes peeled and
1 tbsp. chopped parsley	sliced thin
¼ tsp. onion juice	6 slices bacon cut in half

Soften cheeses at room temperature, blend well. Beat in cream, add parsley, onion and seasonings. Toast bread on one side. Butter untoasted side. Place tomato slices on bread and spread with cheese mixture. Top each slice with bacon. Broil slowly until bacon is crisp. Serve at once. Makes 6 open-face sandwiches.

TUNN-PANNKAKA (SWEDISH PANCAKES)

2 eggs	2 tbsp. sugar
1 cup sour cream	1 tsp. salt
1 cup flour	

Beat eggs until light then add cream. Add dry ingredients, which have been sifted together. Beat thoroughly. Add $\frac{1}{2}$ cup cold water and set in cool place for 1 hour. Fry like pancakes on a greased griddle until browned. Serve with butter and syrup or with "Graddsas." This is made by whipping 1 cup cream until stiff, then folding in $\frac{1}{2}$ cup jam or jelly.

POTATIS PANNKAKA (POTATO PANCAKE)

1½ qts (6 cups) raw potatoes, shredded
2 cups milk
½ cup flour
2 tsp. salt
6 thin slices fresh pork

An easy and successful way to shred the potatoes is to use the shredding attachment on your electric mixer. Lacking this, a hand grater may be used. Mix together shredded potato, milk, flour and salt; spread in greased baking pan or casserole, large enough so that the mixture will be only $\frac{1}{2}$ inch thick. Place pork slices on top and bake for 1 hour uncovered in a moderate oven 350° F. Serves six.

FLESK PANKAGER (PORK PANCAKE)

2 eggs	¾ cup flour
2 cups milk	¼ tsp. salt
2 tbsp. water	¼ lb. side pork

Method: Beat egg yolks, add liquids, salt and flour. Fold in stiffly beaten egg whites last. Dice pork and fry until done. Pour a little of fat into a baking pan, add batter and spread diced pork over top. Bake in moderate oven until browned. Serve at once with butter and marmalade.

FLANNEL CAKES

- 1 pint flour sifted
- 1 pint buttermilk
- 2 eggs
- 1 tsp. each salt and baking soda

Stir flour and buttermilk together until all lumps are out. Let stand in warm place for 5 or 6 hours, put lid on mixture. Then add 2 eggs beaten and salt and soda. Fry in greased pan. These should be very thin and are delicious.

WAFFLES

- 3 eggs beaten
- 1 pint sour cream
- pinch of salt
- 1 tsp. soda
- 2½ cups flour
- 1 tsp. baking powder
- 6 tbsp. sugar
- a few drops vanilla
- 3 tbsp. melted butter
- ½ cup milk

Add soda to sour cream, and add to eggs. Add other ingredients.

Desserts and Pies

RISGRYNSKAKA (BAKED RICE)

1 cup rice	3 eggs, beaten
1 quart milk	$\frac{1}{2}$ cup raisins
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup sugar	

Wash rice well, cover with hot water and boil 15 mins. Drain and rinse under cold water. Put in oven for 10 mins, to dry, stirring frequently. Cool. Combine rest of ingredients, add rice and mix lightly with fork. Pour into buttered baking dish, sprinkle with cinnamon. Grated almonds may be added to rice instead of cinnamon, if desired. Bake 45 mins. in moderate oven. Serve hot or cold.

KREM (GRAPE JUICE PUDDING)

3 tbsps. sugar	3 tbsps. water
2 tbsps. corn starch	2 cups grape juice

Combine sugar, cornstarch and water and mix to a smooth paste. Heat grape juice and add slowly to rest of ingredients, stirring continuously. Place over low flame and cook until clear and thickened. Cool and serve with whipped cream.

CARAMEL DUMPLINGS

$\frac{1}{2}$ cup brown sugar	1 tbsps. butter
2 cups water	$\frac{1}{2}$ cup seedless raisins

Mix and boil for 8 minutes. Pour in a buttered baking dish and drop in following batter with a spoon:

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup milk
1 tbsps. butter	1 cup flour
$\frac{1}{4}$ tsp. salt	1 tsp. baking powder

Cream butter and sugar, add salt, flour and baking powder sifted together alternately with the milk. Bake in moderate oven for 30 minutes in sauce.

GLORIFIED RICE

- 1 cup crushed pineapple
- 2 cups cooked rice
- $\frac{1}{4}$ cup sugar
- 24 marshmallows, quartered
- $\frac{1}{2}$ cup maraschino cherries, quartered
- 1 cup cream, whipped

Combine all ingredients except cream. Let stand 1 hour. Fold in whipped cream just before serving.

APPELKAKA (SWEDISH APPLE CAKE)

- | | |
|-----------------------------|-------------------------------|
| 1 loaf white bread | 1 cup rich milk |
| 1 cup butter | 3 egg yolks |
| $\frac{3}{4}$ tsp. cinnamon | 1 tsp. vanilla |
| 2 tbsp. sugar | $\frac{1}{2}$ tsp. cornstarch |
| applesauce | |

Put bread through food chopper, mix with sugar, cinnamon and butter and bake in oven 10 mins. Fill bottom of shallow baking dish with the crumb mixture, then add a thick layer of sweetend applesauce and then another layer of crumbs. Bake in mod. oven for 30 mins. Serve with following sauce:

Scald milk and add 1 tbsp. sugar, mix cornstarch with a little water and add to milk, then add slightly beaten egg yolks. Let simmer 2 mins. stirring continuously. Strain and serve hot with the apple cake.

REFRIGERATOR PUDDING

- | | |
|--------------------------|---------------|
| 1 cup crushed pineapple | 1 egg |
| $\frac{1}{2}$ cup butter | 3 tbsp. cream |
| 1 cup sugar | |

Line pan with graham wafers crushed very fine. Pour $\frac{1}{3}$ cream mixture over it, continue in layers. Sprinkle top with very fine walnuts. Repeat 3 times. Finish with wafers. Let stand in refrigerator for 24 hours. Serve with whipped cream or strawberries.

SCANDINAVIAN FRUIT SOUP

1½ cups water	½ cup seedless raisins
¼ cup cornstarch	½ cup diced tart apples
1 tsp. salt	¼ cup sugar
3 tbsp. lemon juice	1 cup cherry or grape juice
1 stick cinnamon	¼ cup sweet red wine
¼ lb. prunes	

Mix water, cornstarch and salt in saucepan, bring to a boil and stir constantly. Add remaining ingredients except wine. Simmer 30 mins. until prunes are tender, stirring constantly. Cool mixture and chill several hours or overnight. Just before serving, add wine and additional salt and lemon juice if needed. Can be served as first course or dessert.

SOTSOPPA (SWEET SOUP)

1 cup tapioca	1 pt. canned strawberry sauce or
1½ qts. water	fresh frozen strawberries
1 cup cooked raisins	1 stick whole cinnamon
1 cup cooked prunes	sugar to taste
juice of 1 lemon	

Cook tapioca and water until tapioca is transparent. Add other ingredients. Serve with cream.

BAKED COFFEE SOUFFLE

2 tbsp. butter or margarine	¾ cup water
2 tbsp. flour	3 eggs, separated
¼ tsp. salt	½ cup granulated sugar
2 tbsp. instant coffee powder	½ tsp. vanilla

Melt butter in saucepan. Add flour, salt, coffee, water; stir till smooth. Cook till thickened, stirring constantly remove from heat. Beat egg yolks till thick and lemon colored; add sugar gradually, beating well after each addition. Stir in coffee mixture, vanilla. Beat whites till they hold moist peaks; fold in coffee mixture. Turn into greased 1 qt. casserole. Place in pan of hot water. Bake. Serve with cream. 350° F. 45 to 50 minutes.

PINEAPPLE CRISP

- 4 cups thinly sliced, pared apples
- 3 cups diced canned pineapple slices
- 1 tbsp. fresh, frozen, or
canned lemon juice
- $\frac{3}{4}$ cup brown sugar, packed
- $\frac{1}{4}$ cup melted butter
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. salt
- $1\frac{1}{2}$ cups crushed corn flakes

Heat oven. Arrange alternate layers of apple and pineapple in $1\frac{1}{2}$ qt. casserole. Sprinkle on lemon juice. Combine rest of ingredients; sprinkle over fruits. Cover; bake 30 minutes. Uncover. Bake 15 min. longer, or until apples are tender. Serve warm with cream. 350° F.

QUICK PUDDING

- | | | |
|----------------------------------|---|------------------------|
| 1 cup brown sugar | } | Boil 10 mins. |
| $1\frac{1}{2}$ cup boiling water | | |
| small piece of butter | | |
| $\frac{1}{2}$ cup white sugar | / | $\frac{1}{2}$ cup milk |
| 1 cup flour | | small piece butter |
| 1 tsp. baking powder | | salt and vanilla |

Mix and drop by spoonfuls into the boiled syrup in casserole and bake at 350° .

BISCUIT TORTONI

- | | |
|--|--|
| 2 cups heavy cream | $\frac{3}{4}$ cup minced, blanched and |
| $\frac{1}{3}$ cup confectioner's sugar | toasted almonds |
| 2 egg whites | $1\frac{1}{2}$ tsp. sherry |
| $\frac{1}{2}$ cup crushed macaroons | |

Beat cream until thick but not too stiff. Beat in sugar. Beat egg whites until stiff and fold into cream. Fold in macaroons, almonds and sherry. Pour into small paper cups. Sprinkle tops with macaroon crumbs. Place in freezing trays of automatic refrigerator and freeze until firm. Make about 12 cups.

APPLES STUFFED WITH ALMONDS

- | | |
|---------------------------------|------------------------------------|
| 6 to 8 baking apples | $\frac{1}{2}$ cup granulated sugar |
| $\frac{1}{2}$ cup melted butter | 3 tsp. almond extract |
| 1 cup blanched almonds | |

Heat oven to 375° F. Core and pare apples; brush outside and inside of each with some of melted butter. Grind almonds with fine blade of food chopper; mix with sugar, extract, and any remaining butter. Stuff cavity of each apple with nut mixture. Place apples in baking dish, pat leftover nut mixture on and around apples; bake $\frac{1}{2}$ to 1 hour, or until tender. Cool; serve with vanilla custard sauce.

CHRISTMAS PUDDING

- | | |
|----------------------------------|---------------------------------|
| 6 eggs | $\frac{1}{4}$ dessertspoon mace |
| 1 tsp. salt | 1 pint milk |
| 1 lb. sugar | 2 lbs raisins |
| 1 $\frac{1}{2}$ lb. suet | 1 $\frac{1}{2}$ lb. currants |
| 1 $\frac{1}{2}$ cup bread crumbs | $\frac{1}{2}$ lb. mixed peel |
| $\frac{1}{2}$ cup molasses | 1 wineglass brandy |
| 2 nutmegs grated | |

Mix ingredients well, use no flour except for raisins and currants. Let mixture stand overnight. If too thin in the morning add more bread crumbs. Put in greased bowl, cover paste and cloth on top. Boil from 5 to 6 hours.

CHOCOLATE ICE BOX DESSERT

Crush 24 single graham wafers, add

- | | |
|---------------------------------|-------------------------------|
| $\frac{1}{2}$ cup melted butter | $\frac{1}{2}$ cup icing sugar |
|---------------------------------|-------------------------------|

Mix as pie crust, press into 8x8 pan.

Filling:

1 cup icing sugar and $\frac{1}{2}$ cup butter creamed together, add 2 squares melted chocolate. Blend well. Add 3 egg yolks, one at the time, beat well between each addition. Brown and crush $\frac{1}{2}$ cup almonds. Beat egg whites until stiff and fold in above mixture. Put in crust and chill overnight. Top with whipped cream and serve in squares.

BENITO PUDDING

1 cup flour

Sauce:

1 cup sugar

1 cup brown sugar

$\frac{1}{2}$ cup raisins

3 cups boiling water

2 tsp. baking powder

1 tbsp. butter

2 tsp. cinnamon

1 tsp. vanilla

$\frac{1}{2}$ cup milk

Mix in order given. Mix sauce and pour over top of pudding. Bake in moderate oven. Serve warm with cream.

FRUIT SOUFFLE

1 tbsp. gelatine

$\frac{1}{4}$ cup cold water

$\frac{3}{4}$ cup hot fruit juice

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ tsp. salt

$\frac{1}{2}$ cup crushed pineapple

$\frac{1}{2}$ cup chopped walnuts

$\frac{1}{2}$ cup halved maraschino cherries

1 cup cream, whipped

1 egg white

Soften gelatine in cold water. Add sugar and hot fruit juice and stir until dissolved. Cool and when it begins to thicken fold in whipped cream, pineapple, cherries and walnuts. Fold in stiffly beaten egg white. Pour into ring mould or individual moulds. Serve topped with whipped cream sprinkled with walnuts and a maraschino cherry.

DATE ROLL

1 lb. dates, cut fine

1 cup walnuts, chopped

1 lb. graham crackers

1 cup hot milk

$\frac{1}{2}$ lb. marshmallows

Pour milk over marshmallows, crush graham crackers and mix together. Add nuts and dates and mix well. Roll in waxed paper and keep in refrigerator for 2 or 3 days. Slice and serve with whipped cream.

CHOCOLATE REFRIGERATOR PUDDING

1 8 oz. pkg. pound cake	$\frac{1}{8}$ tsp. salt
4 sq. unsweetened chocolate	3 eggs separated
4 tbsp. hot water	1 tsp. vanilla
4 tbsp. sugar	

Cut pound cake into 8 lengthwise layers. Melt chocolate in double boiler. Add hot water, sugar, salt and mix well. Then add beaten egg yolks slowly while stirring constantly and cook for 2 mins. Remove from heat and cool. Beat egg whites until stiff and fold into chocolate mixture. Add vanilla. Spread chocolate mixture between layers, around sides and over top of cake. Wrap lightly in waxed paper and store in refrigerator for 12 to 24 hours. In serving cut into diagonal slices. Top with whipped cream. Serves 6.

APPLE PUDDING

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup raisins
1 cup sugar	$\frac{1}{4}$ cup chopped nuts
1 egg	1 cup flour
$\frac{1}{2}$ tsp. vanilla	1 tsp. soda
$\frac{1}{2}$ tsp. nutmeg	$\frac{1}{4}$ tsp. salt
5 medium apples, peeled, cored and chopped	

Cream butter and sugar, add egg and vanilla and mix. Stir in apples, raisins and nuts. Add flour sifted with soda, nutmeg, and salt. Bake in a shallow loaf pan 9x9 in a mod. oven, about 45 mins. Cut in squares and serve warm with sauce:

SAUCE

$\frac{1}{2}$ cup brown sugar	1 tsp. butter
2 tbsp. flour	$\frac{1}{8}$ tsp. salt
1 cup water	dash of nutmeg
$\frac{1}{8}$ tsp. vanilla or mapleine	

Blend sugar and flour. Add water and butter and cook until smooth, stirring constantly. Remove from stove and add flavoring, nutmeg and salt.

DATE TORTE

3 eggs, separated	1 cup dates, chopped
1 cup granulated sugar	$\frac{1}{2}$ cup nuts, chopped
1 cup bread crumbs	1 tsp. vanilla

Beat the whites of eggs until very stiff. Add the beaten egg yolks and other ingredients. Bake in a mod. oven 350° for 25 to 30 mins. Serve with whipped cream.

STEAMED DATE PUDDING

1 egg	$\frac{1}{2}$ tsp. cinnamon
$\frac{3}{4}$ cup molasses	$\frac{1}{8}$ tsp. cloves
1 tsp. soda	$\frac{1}{8}$ tsp. nutmeg
$\frac{1}{2}$ cup water	$\frac{3}{4}$ cup dates, cut up
$1\frac{1}{2}$ cups flour	$\frac{1}{4}$ cup chopped nuts
$\frac{1}{2}$ tsp. salt	2 tbsp. fat or oil

Beat egg, add molasses. Dissolve soda in water and stir in egg. Add flour, salt and spices, sifted together. Dredge dates and nuts with flour, stir in lightly, add fat or oil. Steam in mold for 2 hours.

UPSIDE-DOWN COBLER

$\frac{1}{4}$ cup shortening
$\frac{1}{4}$ cup sugar
2 tsp. baking powder
1 cup sifted flour
$\frac{1}{8}$ tsp. salt
$\frac{1}{2}$ cup milk
$2\frac{1}{2}$ cups fruit (canned wild blackberries, cherries, loganberries or blueberries are the best to use)

Cream shortening and sugar together. Add sifted dry ingredients alternately with milk and mix until smooth. Pour batter into greased baking dish. Put drained berries over batter. Sprinkle with additional sugar if not sweet enough. Pour 1 cup berry juice over all. Bake in mod. hot oven, 375° for 40 mins. The crust rises to the top as it bakes. Serve with light cream. Serves 6.

CARROT PUDDING

1 cup butter	1 tsp. soda
1 cup brown sugar	1 tsp. salt
1 egg	½ cup seedless raisins
½ cup milk	½ cup walnuts
1 cup ground carrots	1 tsp. cinnamon
1 cup bread crumbs	½ tsp. cloves
1 cup flour	

Mix in order given. Steam 2½ hours. Serve with hard sauce.

ORANGE MARSHMALLOW CUSTARD

3 eggs, slightly beaten	½ tsp. vanilla
¼ cup sugar	6 marshmallows
¼ tsp. salt	1 tbsps. grated orange peel
2 cups milk, scalded	

Combine eggs, sugar and salt, slowly add milk and vanilla. Pour over marshmallows in individual cups. Sprinkle with grated orange peel. Set in pan containing 1" hot water. Bake in mod. oven, 325° 30 to 40 mins. until inserted knife comes out clean.

APPLE CRISP

8 apples, sliced thin	½ cup white sugar
½ cup water	½ cup flour
1 tsp. cinnamon	½ cup butter
½ cup brown sugar	½ tsp. salt

Place apples in baking dish. Mix balance of ingredients as for pie crust. Pour over apples and bake in mod. hot oven 375° for 1 hour. Serve with whipped cream.

BROADWAY SUNDAE

- ½ cup drained crushed pineapple
- ¼ cup finely chopped peanuts
- 6 finely chopped maraschino cherries

Mix well and serve a liberal spoonful on ice cream.

PEANUT BRITTLE DESSERT

- 1 1/3 cups eagle brand sweetened
condensed milk
- 3 tbsp. lemon juice
- 1/2 cup ground peanut brittle
- 24 graham wafers

Blend milk and juice, stir till mixture thickens. Fold in peanut brittle. Line a pan with wax paper. Cover bottom of pan with wafers. Put half of mixture on wafers, repeat, top with wafers. Chill 12 hours. Garnish with whipped cream.

RHUBARB BROWN BETTY

- 2 cups diced fresh or frozen rhubarb
- 1/4 cup corn syrup
- 1/4 cup butter
- 3/4 cup brown sugar
- 1 cup pastry flour
- 1/4 tsp. salt
- 1/4 tsp. cinnamon

Put rhubarb into greased baking dish. Pour on syrup. Crumb together the butter sugar, flour, salt, cinnamon. Sprinkle on top of rhubarb. Bake until rhubarb is tender. Serve with whipped cream or custard sauce.

SWEDISH TORTE

- 1 cup sugar
- 2 heaping cups all-purpose flour
- 1 cup butter
- 1 cup thick sour cream
- raspberry jam

Cream butter and sugar, add flour and sour cream, very rich dough.

Break off half of dough and pat out as thin as possible in cake tin. Add layer of raspberry jam, then rest of dough. Bake in moderate oven until golden brown. Cut very small pieces, as it is very rich. May also be used as dessert with whipped cream on top.

BREAD PUDDING

2 cups milk scalded	¼ tsp. salt
2 tbsp. butter	¼ tsp. vanilla
1 cup stale bread	2 eggs beaten
1/3 cup sugar	

Add bread to milk, then rest of ingredients. Pour into greased pudding dish. Set in pan of hot water. Moderate oven. 350° F. 45 to 50 minutes.

PINEAPPLE MERINGUE CAKE

½ cup sugar	4 tbsp. butter
4 egg yolks	½ cup cake flour
4 tbsp. milk	1 tsp. baking powder
¼ tsp. salt	½ tsp. vanilla

Cream butter and sugar, add egg yolks well beaten and mix. Add flour, baking powder and salt, alternately with milk. Mix thoroughly. Pour into 2-9 inch cake pans.

Meringue topping:

4 egg whites	¾ cup sugar
1 tsp. vanilla	½ tsp. baking powder
¾ cup chopped nut meats	

Beat egg whites until stiff, add a light sifting of sugar and fold into meringue, add vanilla and spread on unbaked layers. Sprinkle nuts on top. Bake 20 to 25 minutes, 325-350° oven. Cool and remove from tins.

Filling:

1½ tsp. powdered sugar	1 cup crushed pineapple
¼ tsp. vanilla	(well drained)

Put filling between layer, Meringue side on top. Serve as dessert or cake.

FOOL PROOF PASTRY

1 egg slightly beaten	6 cups flour, all purpose
2 tbsp. vinegar	1 tsp. salt
6 ozs. cold water, approximately 1 lb. lard	

Put slightly beaten egg into 8 oz. measuring cup, add vinegar and water, to fill cup. Sift flour, add salt, cut in lard, add liquid last.

UNCOOKED FRUIT CAKE

- 1 tin sweetened condensed milk
- 2 cups chopped dates
- 1 cup chopped raisins
- 2 cup nut meats, broken coarsly
- 2 cups graham wafer crumbs
- 2 cup marshmallows, colored,
(cut fine)
- 5 tbsp. maraschino cherries
- $\frac{1}{4}$ tsp. salt, almond flavoring

Roll wafers fine, add salt and mix. Add all other ingredients and mix well. Add milk. Put in oblong pan, lined with buttered wax paper. Let stand at least two days.

SOUR CREAM APPLE PIE

- | | |
|-------------------------|--------------------------|
| 1 cup sour cream | 1 tsp. vanilla |
| $\frac{3}{4}$ cup sugar | 1 egg |
| 2 tbsp. flour | 2 cups diced tart apples |
| $\frac{1}{4}$ tsp. salt | 1 recipe plain pastry |

Beat together cream, sugar, flour, salt, vanilla and egg. Add apples. Pour into 8 inch unbaked pie shell. Bake in hot oven 400° F. 25 mins. Mix $\frac{1}{2}$ cup brown sugar, $\frac{1}{3}$ cup flour and $\frac{1}{4}$ cup butter. Sprinkle on top. Bake 20 mins. more.

BUTTER PECAN PIE

- | | |
|---------------------------|--|
| 1 9" unbaked pastry shell | $\frac{3}{4}$ cup light corn syrup |
| $\frac{1}{3}$ cup butter | 1 tsp. vanilla |
| 1 cup brown sugar | $1\frac{1}{4}$ tsp. salt |
| 4 eggs, to be beaten | $1\frac{1}{2}$ cups shelled pecan halves |

Set oven at 450° F. Prepare $\frac{1}{2}$ your favorite pastry recipe. Roll and fit it into a 9" pie pan. Cream the butter and sugar in a large bowl. Beat eggs with a fork in a small bowl. Add beaten eggs, corn syrup, vanilla and salt to butter and sugar and blend thoroughly. Stir in pecans. Pour into unbaked pastry shell. Bake 10 mins. Reduce heat to 350° F. and bake 30 to 35 mins. more. Serve when cool.

SURPRISE APPLE DUMPLINGS

3 large baking apples	$\frac{1}{8}$ tsp. salt
2 $\frac{3}{4}$ cup seedless raisins	1 tsp. allspice
4 tbsp. butter	rich pastry made from
4 tbsp. white sugar	2 cups flour

Pare apples, cut in half, remove cores, pour boiling water over raisins, drain and chop. Mix raisins with butter, sugar, salt and allspice. Roll pastry thin. Cut into 6 inch squares. Fill apple half with raisin mixture. Lay a thin slice of cheese on top of each. Place filled side on pastry, bring corner of pastry together to make squares.

Bake at (450°) F about 10 minutes, then at 300 degrees F and bake until apples are tender. Serve warm with spice sauce.

Sauce:

$\frac{1}{2}$ cup white sugar	$\frac{1}{8}$ tsp. salt
1 tsp. cornstarch	1 cup boiling water
1 tsp. cinnamon	3 tbsp. butter

Cook and stir until mixture is thick. Serve 6.

BUTTERSCOTCH PIE FILLING

1 pint hot milk	1 $\frac{1}{2}$ tbsp. butter
$\frac{1}{2}$ cup cold milk	2 egg yolks
$\frac{1}{2}$ cup flour	1 tsp. vanilla
$\frac{3}{4}$ cup brown sugar	pinch of salt

Put sugar and butter in a pan to get brown, add hot milk. Mix flour, cold milk and well beaten egg yolks, add to first mixture and cook till thick. Fill baked pie shell. Make meringue of the 2 egg whites.

TIME SAVER SHORT CUT PASTRY

6 cups sifted flour	2 tsp. salt
1 lb. lard or shortening	

Sift flour with salt, cut in half of shortening finely, using two knives or pastry blender, then cut in remaining half coarsely, or rub in shortening quickly with chilled fingertips. Cover and store in cold place.

LEMON PIE

1½ cups pastry shortcut
ice cold water — for 9" pie shell

Filling:

1 cup and 2 tbsp. white sugar
3½ tbsp. cornstarch
¼ tsp. salt
1½ cups boiling water
3 egg yolks
¼ cup lemon juice
grated rind of 1 lemon
1 tbsp. butter
meringue of 3 egg whites with
6 tbsp. sugar

Combine sugar with cornstarch and salt . . . Stir in boiling water. Cook in double boiler and stir till mixture thickens. Cover and cook with occasional stirring until no raw flavor remains. Stir in slightly beaten egg yolks, then return to double boiler. Stir and cook until yolks thicken. Remove from heat and add lemon juice, rind and butter. Cool slightly, then turn into baked pie shell. Beat egg whites with pinch of salt until stiff but not dry. Gradually beat in 6 tbsp. sugar, beating after each addition until mixture stands up in peaks. Add few drops of vanilla, and pile over filling. Brown slightly in slow oven. 300° F.

DELICIOUS RAISIN PIE

1 cup stale cake crumbs	½ cup brown sugar
1 cup seedless raisins	1 tsp. cinnamon
1 cup thick sweetened apple sauce	pinch of salt
1 tsp. baking powder	pastry

Mix together the cake crumbs, apple sauce, raisins, brown sugar, cinnamon and salt. Simmer for a few minutes and beat till smooth with a fork. Allow to cool and then add the baking powder. Place between two crusts of pastry and bake at 450° F. for 10 minutes then reduce to 350 deg. F. for 20 minutes longer.

CITRUS CHIFFON PIE

- 2 tsp. unflavored gelatin
- ¼ cup cold water
- 1/3 cup sugar
- 1/3 cup lemon and orange juice
(equal parts)
- dash salt
- 3 egg yolks
- ½ tsp. grated lemon rind
- ½ tsp. grated orange rind
- ¼ cup sugar
- 3 stiffly beaten egg whites
- 1 9-inch baked pastry shell
- ¾ cup heavy cream
- ½ tsp. grated orange rind

Soften gelatin in water. Combine 1/3 cup sugar and fruit juices. Add salt to egg yolks and beat until thick. Add fruit juice mixture; beat well. Cook in double boiler until mixture coats spoon. Remove from heat, add softened gelatin and stir until dissolved. Add grated rinds. Chill until partially set. Slowly beat ¼ cup sugar into egg whites. Fold into custard and pour into pastry shell. Chill until set. Whip cream; spread over top; sprinkle with orange rind.

ICE CREAM PIE

- | | |
|--------------------------|-----------------|
| 3 egg whites | 6 tbsp. sugar |
| ¼ tsp. salt | 1 tsp. vanilla |
| ¾ tsp cream of tartar | 1 qt. ice cream |
| 1 8-inch baked pie shell | |

Beat egg whites with salt until stiff but not dry. Gradually beat in cream of tartar and sugar, until egg whites are very stiff and stand in peaks. Add vanilla. Pack ice cream firmly into cold baked pie shell. Pile meringue lightly over ice cream. Spread to rim of shell to completely cover the ice cream. Bake in very hot oven (450° F) 30 minutes, or until meringue is delicately browned. Serve immediately.

LEMON MERINGUE PIE

1 pastry recipe.

For the filling:

6 tbsp. corn starch	5 tbsp. lemon juice
1 cup sugar	$\frac{1}{4}$ tsp. salt
3 egg yolks	2 cups water
2 tsp. lemon rind grated	2 tbsp. butter

Combine corn starch, salt and $\frac{1}{2}$ cup of sugar in top of double boiler; add water, mix well. Cook over boiling water until thick, stirring constantly. Remove from heat; stir in butter, lemon rind and juice. Cool to room temperature without stirring (do not cool in refrigerator). Pour into baked pie shell.

Meringue:

3 egg whites	dash salt	6 tbsp. sugar
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Beat egg whites and salt until foamy (just stiff enough to hold in peaks). Gradually beat in sugar, sprinkling a little over surface of the egg whites. Continue beating until smooth and glossy. Pile lightly on top of the pie filling. Seal the edge of the meringue to crust to prevent it from shrinking and pulling away from the edge as it browns. Bake in moderate oven (325° F) for 15 to 20 minutes until lightly browned. Cool on cake rack.

STRAWBERRY PHILLY PIE

Blend 2 tbsp. milk into one $\frac{1}{2}$ lb. pkg. Cream cheese. Spread half of this on the bottom of a 9" baked pie shell. Cover with 1 pint of whole, fresh strawberries, washed and stemmed.

Combine $\frac{3}{4}$ cup sugar and 2 tbsp. corn starch. Add $\frac{1}{3}$ cup water, stirring until well blended. Add 1 pint of washed, stemmed strawberries and cook until thickened, stirring constantly. Mix in a few drops of red food coloring. Pour immediately over strawberries in shell. Chill. Decorate with remaining cream cheese before serving.

DE LUXE BLUEBERRY PIE

dough for 2-crust 9-inch pie
1 qt. fresh blueberries
2½ tbsp. quick-cooking tapioca
2/3 cup granulated sugar
¼ tsp. salt
1 tbsp. lemon juice, or vinegar
½ cup brown sugar, firmly packed
1 tbsp. butter

Mix blueberries, tapioca, white sugar, salt and lemon juice, and let stand while pastry is being made. Roll half the dough and line a 9-inch pie plate. Fill shell with the berry mixture, then sprinkle with brown sugar and dot with butter. Moisten edge of pie with water. Roll remaining dough for top crust and cut out a few slits to permit steam to escape. Bake in a 425° oven, 30 to 40 minutes, or until pie is done.

LEMON CHEESE TART

1 cup sifted flour	½ cup sugar
½ tsp. salt	1 tsp. vanilla
1/3 cup shortening	1 tsp. grated lemon rind
3 to 4 tbsp. cold water	1 tbsp. lemon juice
1-8 oz. pkg. cream cheese	½ cup heavy cream
2 eggs	

Sift together the flour and salt. Cut in shortening until particles are the size of small peas. Sprinkle cold water gradually over mixture, tossing lightly with fork until dough is moist enough to hold together. Form into a ball. Roll out on a lightly floured board into a circle 1½" larger than an 8" pie pan. Fit pastry loosely into pie pan. Fold edge to form a standing rim; flute edge. Prick crust with a fork. Bake in a hot oven 8 to 10 mins. Soften cream cheese and whip until fluffy. Add eggs, one at a time, beating well after each addition. Blend in sugar, vanilla, lemon rind and lemon juice. Mix well. Turn into baked pie shell. Bake in a mod. oven 350° 15 to 20 min-

utes until slightly firm. Cool. Chill at least 1 hour before serving. Whip cream until stiff. Flavor to taste. Spread over pie before serving. Garnish with grated lemon rind. Makes one 8" pie.

SPICED PEACH PIE

$\frac{3}{4}$ cup sugar	1 tsp. grated lemon rind
$\frac{1}{4}$ cup brown sugar	5 cups, sliced peaches
2 to 3 tbsp. flour	2 tbsp. lemon juice
dash salt	2 tbsp. butter
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{4}$ tsp. cloves
$\frac{1}{2}$ tsp. nutmeg	1 recipe plain pastry

Mix sugars, flour, salt, spices, 2 drops almond flavoring, lemon peel. Alternate layers of sugar mixture and peaches in 9-inch pastry-lined pie plate. Sprinkle with lemon juice; dot with butter. Top with lattice crust. Bake in hot oven (400°) 45 minutes. Serve warm.

BLUEBERRY SUNDAE PIE

1½ tsp. ($\frac{1}{2}$ envelope)	$\frac{1}{4}$ cup sugar
unflavored gelatin	$\frac{1}{4}$ cup lemon juice
2 tbsp. cold water	1 3-ounce pkg. cream cheese
1 beaten egg yolk	3 tbsp. sugar
$\frac{1}{4}$ tsp. salt	1 stiffly beaten egg white

Soften gelatin in cold water. Combine egg yolk, salt, $\frac{1}{4}$ cup sugar, lemon juice; cook in double boiler, stirring constantly, till mixture, coats spoon. Remove from heat stir in gelatin. Beat cheese; blend in custard. Chill till slightly thick. Gradually beat 3 tbsp. sugar into egg white; fold into custard. Pour into 9 inch graham cracker-crumb crust; Chill. Top with Blueberry Glaze. Add $\frac{3}{4}$ cup sugar to 2 cups fresh blueberries. Add $\frac{1}{4}$ cup water; simmer till tender. Cool. Drain, reserving liquid to make 1 cup (add water if necessary). Gradually stir liquid into 1½ tbsp. corn starch. Cook, stirring till thick. Add blueberries. Cool. Pour over custard. Chill. Top with whipped cream.

ORANGE PIE

$\frac{1}{2}$ cup orange juice 20 marshmallows
 $\frac{1}{2}$ pint whipped cream

Heat orange juice and marshmallows together until marshmallows are dissolved. When cool fold in whipped cream. Pour in crumb-lined pan and cover with more crumbs. Place in refrigerator until firm.

CHERRY PINEAPPLE PIE

1 No. 2 can ($2\frac{1}{2}$ cups) pitted 1 9-ounce can (1 cup)
cherries (sour) crushed pineapple
1 cup sugar 2 tbsp. butter
3 tbsp. corn starch $\frac{1}{2}$ tsp. red food coloring
 $\frac{3}{4}$ cup cherry liquid 1 recipe plain pastry
2 tbsp. honey

Drain cherries, reserving liquid. Combine sugar and corn starch in saucepan. Blend in cherry juice. Add crushed pineapple and cook till thick and clear, stirring constantly. Remove from heat; add honey, butter, and food coloring. Add cherries; pour into 9-inch unbaked pastry shell. Cover with top crust. Crimp edges. Bake in hot oven (400°) 35 to 40 minutes.

SOUTHERN PECAN PIE

1 tbsp. butter 1 cup sugar

Cream the above and add 3 eggs slightly beaten. Add 1 cup corn syrup and 1 tsp. vanilla. Add 1 cup chopped pecans. Add to unbaked pie shell and arrange pecan halves on top. Bake.

Handy Tips:

Slip a can of fruit cocktail in freezing compartment, when wanted cut both ends of tin. Slice and serve with whipped cream.

$2\frac{1}{2}$ cups fruit, 1 cup whipped cream, 8 marshmallows cut in quarters, $\frac{1}{4}$ cup nuts, $\frac{1}{2}$ cup coconut. Serve fruit mixed with whipped cream, between layers of sponge cake.

Cakes, Cookies, Icings

MJUK SVENSK PEPPARKAKA

4 cups flour	1 tsp. baking powder
4 cups brown sugar	2 eggs
2 tbsps. cloves	3 tbsps melted butter
1 tbsps. cinnamon	2 cups flour milk
2 tbsps. orange peel	

Blend flour, sugar, spices, baking powder and peel together, add eggs, beaten, and melted butter last.

CRISCO ORANGE CAKE

Measure into mixing bowl:

2 cups sifted flour	1 tsp. salt
1 1/3 cup sugar	2/3 cup orange juice
1/2 cup Crisco	

No creaming, just blend by hand or mixer 2 mins. Now add:

3 tsp. baking powder	2 eggs
1/3 cup water	2 tsp. orange rind

Blend by hand or mixer 2 mins. Bake in layers or in 9x9 pan 25 to 30 mins. in 350° F. oven. Frost with orange butter icing.

CHOCOLATE DREAM CAKE

1 angel food cake
2 hershey bars
1 pint cream whipped

Melt chocolate in double boiler. Allow to cool partially and add whipped cream. Cut cake horizontally in half. Put 2/3 of mixture on top of lower half. Replace upper half and spread remainder mixture on top and sides of cake. Place in refrigerator for 3 or more hours before slicing and serving.

LEMON SLICE

Pastry:	1 tsp. baking powder
1 cup flour	1 egg well beaten in
½ cup butter	1 tbsp. milk

Mix and spread well over bottom and sides of 8x8 pan.

Filling:

1 cup water	¾ cup sugar
juice and rind of 1 lemon	2 tbsp. corn starch

Cook till thick, add piece of butter size of an egg. Cool and spread on pastry.

Topping:

1 egg well beaten	¾ cup sugar
butter size of an egg	1 cup coconut

Mix and spread over top. Bake in mod. oven.

DREAMS

½ cup butter	1 cup flour
¾ fine sugar	2 tsp. baking ammonia
1 egg yolk	

Cream butter and sugar well, add egg yolk. Mix ammonia with flour, add to first mixture. Roll in small balls. Bake in slow 300° F. oven till light brown.

VINARTERTA (ICELANDIC)

1 cup butter	1 tsp. baking powder
2 eggs	1½ cups fine fruit sugar
3 tbsp. cream	1 tbsp. almond extract
1 tsp. cardamom seed, (shelled and ground)	4 cups flour

Cream butter and add the sugar gradually, then add eggs, one at the time and beat hard after each addition. Sift the flour and baking powder and add a little of it to the creamed mixture. Then add the flavoring and the cream and work in as much of the flour as possible. Turn out on to pastry cloth and knead in the rest of the flour. Divide the dough into 5 equal parts and pat each into a 9-inch greased layer pan. Bake in a moderate oven (375° F) un-

til each layer is a delicate brown. Then put together with prune filling.

Filling:	1 tbsp. vanilla
1 lb. prunes	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ cup prune juice	1 tbsp. cinnamon

Soak prunes and cook until they are tender. Remove the stones and put them through the food chopper. Add the sugar and $\frac{1}{2}$ cup of water in which they were cooked, and the cinnamon. Bring this to a boil and cook until it thickens a little. Remove from fire and add vanilla. Let the filling cool before spreading between the layers.

WHITE FRUIT CAKE

$\frac{1}{2}$ lb. butter	8 oz. candied cherries
1 cup white sugar	$2\frac{1}{4}$ cups flour
3 eggs	$\frac{1}{2}$ cup warm water
1 tsp. nutmeg	1 lb. light sultana raisins
1 tsp. baking powder	$\frac{1}{4}$ lb. orange peel
2 tsp. vanilla	1 cup shredded cocoanut
8 oz. candied pineapple, colored	

Bake $2\frac{1}{2}$ hours in a slow oven about 250° F.

RUM CAKE

$\frac{3}{4}$ cup butter	1 cup dates
$1\frac{1}{2}$ cups brown sugar	1 cup coffee or
2 eggs	1 cup boiling water
1 cup and 2 tbsp. flour	1 tsp. soda
1 cup walnuts	1 tsp. rum flavoring

Pour hot water or coffee over dates and walnuts, add soda and mix with the other ingredients. Bake in a slow oven.

LEMON CHEESE

1 cup sugar	2 eggs
$\frac{1}{4}$ lb. butter	2 lemons

Beat all up and boil in a double boiler until thick.

CHOCOLATE CAKE

½ cup butter

2 eggs

1½ cups sugar

4 heaping tsp. cocoa

Mix ½ tsp. baking soda in ½ cup lukewarm water and cocoa.

1 tsp. vanilla

2 tsp. baking powder

1 cup milk

1 tsp. cinnamon

2 cups flour

Mix in order given. Bake ½ hour in 350° F. oven.

HOSTESS FAVORITE CAKE

Pastry:

¾ cup butter

1 tbsp. cream

½ cup sugar

1¾ cups flour

1 egg yolk

Filling:

1 cup icing sugar

1 cup almonds ground

4 egg whites

Place ¾ of pastry in 8" pan, add filling, roll out remaining pastry on top of filling. Bake in 375° F. oven until golden brown. Sprinkle with icing sugar on top as soon as taken out of oven.

NEW YORK SPECIAL

½ cup butter

5 tbsp. sugar

5 tbsp. cocoa

1 tsp. vanilla

1 egg

26 crushed graham wafers

1 cup dessicated cocoanut

Soften butter, cocoa, egg and vanilla. Set over hot water. Add cocoanut and wafers. Press into an 8"x8" pan.

Cream:

4 tbsp. butter

2 cups icing sugar

2 tbsp. vanilla custard powder

3 tbsp. milk

Spread over first mixture and cover with:

4 squares melted semi-sweet chocolate

CHERRY LOAF CAKE

- | | |
|---------------------------------|------------------------------------|
| 1 $\frac{1}{2}$ cup butter | 1 $\frac{1}{2}$ tsp. baking powder |
| 1 cup sugar | $\frac{1}{4}$ tsp. salt |
| 2 eggs | 1 cup maraschino cherries |
| $\frac{1}{2}$ cup milk | 2 tbsp. cherry juice |
| 2 cups all purpose flour sifted | |

Preheat oven to 350° F. Cut cherries in half and drain. Separate eggs, cream butter, gradually add sugar and beat until light and fluffy. Add egg yolk and milk. Add flour which has been sifted, measured and resifted with baking powder and salt. Add cherries while adding flour. then cherry juice. Lastly fold in egg whites beaten until they form stiff peaks. Bake in loaf tin which has been lined with greased paper for 1 hour. When cool sprinkle with white sugar.

MEXICAN WEDDING CAKE

- | | |
|-----------------------------|----------------------|
| 2 cups flour | 1 cup chopped pecans |
| $\frac{1}{2}$ lb. butter | pinch of salt |
| 4 heaping tbsp. icing sugar | 1 tsp. vanilla |

Divide dough in two and make 2 rolls about 1 $\frac{1}{2}$ " in diameter. Chill and cut in slices and bake in mod. oven 350° F. While still warm, roll in icing sugar.

CHEESE CAKE

- | | |
|----------------------------------|-------------------------------|
| $\frac{1}{2}$ pkg. graham wafers | 3 eggs |
| 5 tbsp. butter | $\frac{1}{2}$ cup white sugar |
| 1 lb. cream cheese | 1 tsp. vanilla |

Beat egg yolks, add sugar and cheese. Mix butter with graham wafers. Beat egg whites stiff, add to cheese. Bake 15 mins. 350° F. oven.

HOT MILK CAKE

Beat together 2 eggs and 1 cup sugar. Bring to boil $\frac{1}{2}$ cup milk with 1 tsp. butter.

- | | |
|----------------------|----------------|
| 1 cup flour | 1 tsp. vanilla |
| 1 tsp. baking powder | pinch of salt |

Bake 325-350° F. for 50 mins.

ICING

Melt 4 tbsps butter, add

5 tbsps brown sugar 2 tbsps cream $\frac{3}{4}$ cup cocoanut
When cake is baked remove from oven and cool for a short while. Spread icing over top and return to oven to brown.

CHRISTMAS FRUIT CAKE

1 cup butter	5 eggs
1 cup sugar	$\frac{1}{2}$ lb. candied cherries
2 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ lb. almonds
1 tsp. baking powder	$\frac{1}{2}$ lb. pecans
1 tsp. salt	1 lb. white raisins
1 tsp. cinnamon	1 lb. puffed seedless raisins
$\frac{1}{2}$ tsp. each of nutmeg, allspice and cloves	1 lb. candied pineapple
$\frac{1}{2}$ cup orange juice	1 lb. dates
1 small glass jelly	$\frac{1}{2}$ lb. mixed peel

Dredge fruit with $\frac{1}{2}$ cup of the flour. Cream butter and sugar, add eggs and beat. Mix jelly and fruit juice and add alternately with the sifted dry ingredients. Line bottom of angel cake tin with four layers of brown paper. Pour in batter but do **not** smooth down. Bake slowly, about 3 $\frac{1}{2}$ hours.

CHOCOLATE CAKE

$\frac{1}{2}$ cup crisco	2 cups pastry flour
1 $\frac{1}{2}$ cups white sugar	less 2 tbsps.
2 eggs beaten	1 tsp. salt
4 tbsps. cocoa	1 tsp. soda
2 tbsps. hot coffee	1 cup sour or buttermilk
1 tsp. red coloring	1 tsp. vanilla

Cream crisco, add sugar and beaten eggs. Mix together the cocoa, coffee and coloring and add to first mixture. Sift together flour, salt and soda. Add alternately with the milk. Bake layers 25 min. Bake in square pan 45 mins. Oven 350° F.

APPLE SAUCE CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup sugar
1 egg	$1\frac{3}{4}$ cups flour
$\frac{1}{4}$ tsp. salt	1 tsp. cinnamon
$\frac{1}{2}$ tsp. cloves	1 tsp. soda (add to apple sauce)
1 cup currants	1 cup raisins and nuts
1 cup apple sauce	

Bake 1 hour in moderate oven. Add more soda to a larger cake.

JELLY ROLL

$\frac{3}{4}$ cup sifted flour	$\frac{3}{4}$ cup sugar
$\frac{3}{4}$ tsp. baking powder	1 tsp. vanilla
$\frac{1}{4}$ tsp. salt	4 eggs

1 cup jelly, preferably a tart type

Sift the flour, mix baking powder, salt and eggs in a large mixing bowl (eggs should be at room temperature) and beat until they begin to thicken. Now add the sugar a little at a time, beating constantly until the mixture is smooth as marshmallow syrup and all grains of sugar have vanished. At this point add flour and vanilla extract, mixing them in with a gentle, folding motion until batter looks creamy and smooth. Do not beat if you prefer your jelly roll light. Bake 13 to 15 minutes. Sprinkle a clean cloth with generous coating of sugar. When your cake is finished, turn it out on the towel, peel off the waxed paper and roll towel. Let roll cool about 10 minutes, unroll carefully and spread with jelly. Roll again, wrap in towel and cool on rack.

CHOCOLATE SLICE

$\frac{1}{2}$ cup butter	3 tbsps. cocoa
1 cup brown sugar	1 tsp. vanilla
2 egg yolks	1 cup walnuts coarsely chopped
$\frac{1}{2}$ cup flour	2 egg whites beaten
$\frac{1}{2}$ tsp. baking powder	

Mix in order given. Bake 30 mins. 350° F. oven. Ice with chocolate butter icing.

MOLASSES CAKE

½ cup butter	1 cup mild molasses
½ cup sugar	salt
2 eggs beaten	1 tsp. ginger
1 cup boiling water	2½ cups flour
1 tsp. cinnamon	1 tsp. soda

Cream butter and sugar, add boiling water in which soda has been added. Let cool, add flour, spices, molasses, salt alternately with eggs well beaten. Bake mod. oven.

JELLO CHEESE CAKE

2½ cups graham wafers crushed

½ cup butter or margene

Mix and pat in bottom of 9x9 pan. Keep out ½ cup of crumbs for top. Bake 10 mins. in 300° F. oven.

FILLING:

1 pkg. lime or lemon Jello ½ cup boiling water

Stir and cool and then take 1 large can of Carnation milk and pour into first mixture. Beat well, then add rind and juice of 1 lemon and beat again, then add ¼ cup sugar and beat well. Pour on top of baked crust, sprinkle ½ cup of crumbs on top.

CHEESE CAKE

1 cup sugar

1 egg

3 tbsps. lemon juice

1-6 oz. jar Maraschino cherries,
no juice. Cut each cherry into
5 or 6 pieces

1 lb. CoOp. or Standard Dairies

Cream cheese spread

Mix above ingredients.

½ pkg. graham wafers rolled out

Mix ¼ cup soft butter till crumbly. Pat down ½ above mixture in 8x8 pan. Put in filling. Sprinkle top with remaining graham wafer crumbs. Bake in 300° F. oven 35 mins. Leave in fridge overnight.

CHOCOLATE CAKE

1 cup brown sugar
1½ squares Baker's chocolate
½ cup milk

Cook until it forms a soft ball in water and let it get cold (in double boiler).

1 cup brown sugar	2 eggs
½ cup butter	1 tsp. soda
1 cup milk	2 cups flour

Cream butter, add sugar, beaten eggs, soda. Then add chocolate mixture when cool. Last beat in flour and milk. Bake in mod. oven.

CZECHO-SLOVAKIAN CAKES

1 egg white	2 tbsps. icing sugar
2 egg yolks	1 tbsp. butter
¼ tsp. salt	

Mix together until creamy. Add 1½ cups warm milk in which one yeast cake has been dissolved and 1 tbsp. white sugar. Use bread flour to make soft dough which can be handled. Let stand for 1 hour or double in size. Make into small cakes having fingers well floured. Into the top of each press a cavity and put in a spoonful of jam. Cover with crumbs made of 2 tbsps. icing sugar, 2 tbsps. flour, 1 tbsp. butter. Let rise again. Bake in a hot oven for 15 to 20 minutes.

ALMOND SQUARES

½ cup butter	1½ cups flour
1 cup brown sugar	1 tsp. baking powder
2 egg yolks	pinch of salt
1 tsp. vanilla	

Mix together and pat into well greased pan 8x8.

Topping: 2 egg whites 1 cup brown sugar

Beat egg whites stiff and add brown sugar.

Pour over mixture in pan. Sprinkle ¼ lb. chopped almonds over all. Bake in slow oven 325° F. for 40 mins.

GOOD COOKIES

½ lb. butter

½ tsp. baking powder

1 cup sugar

3 cups flour

3 eggs

Glaze with egg, sugar and nuts.

CHEESECAKE SQUARES

26 graham wafers, rolled into crumbs

½ cup butter

Rub together, half for bottom—half for top.

Filling:

1 lb. cream cheese

1 tsp. vanilla

½ cup white sugar

a few red and green maraschino

2 tbsps. butter

cherries cut into pieces

pinch of salt

Mix well and add:

3 egg yolks

3 stiffly beaten egg whites

Bake in a 350° F. oven about 30 to 40 minutes. Pan 9x9.

LEMON SLICE

½ cup butter

1 cup flour

1 tbsp. sugar

Jello pie filler made with 2 egg yolks

Top meringue of 2 egg whites and

4 tbsps. icing sugar

Sprinkle cocoanut on top. Bake 30 mins. at 325° F.

LINZER TORTE

1 egg

1 tbsp. lemon juice

¼ cup sifted flour

1/3 cup sugar

1½ cups milk

¼ tsp. salt

1 pkg. thawed, frozen rasp-

1 tsp. vanilla

berries undrained

2 tbsps. cornstarch

2 tbsps. sugar

Beat egg until fluffy. Add sugar and beat until thick and lemon-colored. Blend in flour and salt. Add milk. Cook over low heat, stirring constantly, until mixture is thick

and smooth. Add vanilla and cool. Combine raspberries, sugar, cornstarch and lemon juice. Bring to a boil and cook 5 to 10 minutes until mixture begins to thicken. Cool.

1½ cups sifted flour
¼ cup sugar
½ tsp. salt
½ cup firmly packed brown sugar
½ cup butter
½ cup ground almonds
(unblanched)
½ tsp. baking powder
½ tsp. cinnamon
1 egg

Sift together flour, sugar, baking powder, salt and cinnamon. Cut in brown sugar and butter. Add egg and almonds. Blend with a fork until well mixed. Take out ½ cup of this mixture and chill. Press remaining dough evenly into bottom and sides of an 8-inch pie pan (do not cover rim of pie pan). Fill with vanilla cream filling. Spread raspberry sauce over the top. Roll out remaining ½ cup of dough on a lightly floured board to ¼-inch thickness. Cut into ½-inch strips with pastry wheel or knife. Arrange over filling, criss-cross fashion. Cover the end of the lattice strips with another strip, circling the pie but not covering rim of pie pan. Press to seal. Bake in a moderately hot oven (375° F) 30 to 35 minutes.

BANANA CAKE

½ cup butter	1 cup chopped nuts
2 eggs well beaten	1 cup sugar
1 cup mashed banana	1 tsp. soda, dissolved in
2 cups sifted flour	4 tps. boiling water
2 tps. baking powder	1 tsp. vanilla
pinch salt	

Cream butter and sugar. Add beaten eggs and beat well. Dissolve soda in boiling water, and add to mashed bananas. Sift flour, baking powder and salt together and add

alternately with mashed bananas to first mixture. Add walnuts and vanilla.

SHERRY-CREAM FILLED ANGEL FOOD CAKE

1 (10-ounce) pkg. angel food
cake mix
 $\frac{3}{4}$ tsp. vanilla
1 envelope plain gelatin
 $\frac{2}{3}$ cup sweet sherry wine
 $\frac{1}{4}$ cup sugar
1 pint heavy cream, whipped
1 cup crushed peanut brittle
 $\frac{3}{4}$ tsp. almond extract
3 tbsps. cold water
dash of salt

Prepare angel food cake mix according to directions on package, adding vanilla and almond extracts to the batter. Bake in a 10-inch tube pan. Invert until thoroughly cool. Remove from pan and cut crosswise into 2 layers. Soften gelatin in cold water. Heat sherry to simmering; add gelatin, sugar and salt and stir until dissolved. Cool. Chill until mixture begins to thicken. Fold in whipped cream. Chill again just until thick enough to spread. Put cake layers together with some of the mixture between layers. Spread remaining mixture over top and sides of cake. Chill for several hours. Sprinkle peanut brittle over top of cake about 1 hour before serving.

PINEAPPLE SQUARES

$\frac{1}{2}$ cup butter 1 egg 1 cup flour

Mix as pie crust and then add egg. Spread 1 cup pineapple (crushed and drained) on top.

MERINGUE

1 egg 4 tbsps. melted butter
 $\frac{1}{2}$ cup sugar 2 cups coconut

Mix together and spread on top of pineapple. Bake 40 minutes.

ALMOND CREAM TORTE

10 egg whites
1 tsp. salt
1 1/3 cups sugar
1 1/3 cups finley ground
blanched almonds

Beat egg whites until stiff but not dry. Beat in sugar a little at a time. Add vanilla. Then fold in almonds. Pour into 2 10-inch greased and floured layer cake pans. Bake in a slow oven (325° F) for 50 minutes. Cool. Before serving spread the following filling between and top of layers.

10 egg yolks
10 tbsps. sugar
1/2 tsp. salt
1 cup sweet butter
1 tsp. vanilla

Beat egg yolks, in the top of a double boiler over hot water, until creamy. Stir in sugar and salt. Remove from heat and cool. Cream butter until soft and stir into egg mixture with vanilla. Spread between and on top of torte layers. Makes 10 servings.

DUTCH FUNNY CAKE

1 1/4 cups sifted cake flour	1 tsp. baking powder
1/4 cup butter	1/2 tsp. salt
1/2 cup brown sugar	3/4 cup sugar
2 tbsps. light corn syrup	3 tbsps. water
1/4 cup shortening	3/4 cup drained
1/2 cup milk	canned crushed pineapple
1 tsp. vanilla	1 egg
3 tbsps. chopped nuts	1 nine inch unbaked pie shell

Sift together flour, baking powder, salt and sugar. Place shortening in a mixing bowl. Sift in flour mixture. Add milk and vanilla and mix until all flour is dampened. Then beat 2 minutes with low speed of an electric mixer, or beat 300 strokes by hand. Scrape bowl and spoon or

beater often. Add egg and beat 1 minute, or 150 strokes. Pour batter into pie shell. Combine butter, brown sugar and corn syrup in a saucepan. Place over low heat. Cook and stir constantly until mixture comes to a boil. Add water and bring again to a boil. Boil 1 to 2 minutes. Remove from heat. Stir in pineapple. Cool to lukewarm and pour gently over cake batter. Sprinkle with chopped nuts. Bake in moderate oven (350° F) 50 to 55 minutes or until done. Cake is best when served warm. Makes 1-9 inch Funny Cake.

GRAHAM COCONUT TORTE

2/3 cup sifted flour	coconut
1/2 cup shredded coconut	1/4 tsp. salt
chopped fine	1 1/3 cups graham cracker
2 1/2 tsps. baking powder	crumbs, finely rolled
1 tsp. vanilla	1/2 cup shortening
3 egg whites	2/3 cup milk
1 cup sugar	whipped cream

Sift together flour, baking powder and salt. Add graham cracker crumbs. Cream shortening; gradually add sugar and cream until light and fluffy. Add coconut and vanilla. Add flour mixture, alternately with milk, mixing thoroughly. Beat egg whites until stiff but not dry. Carefully fold into mixture. Pour batter into 2 8-inch cake pans which have been lined with wax paper. Bake in moderately hot oven (375° F) 30 minutes. Cool slightly before removing from pans. When cool, cut each layer in half lengthwise. Spread whipped cream between and on top of the 4 layer. Garnish with coconut. Makes 1 8-inch torte.

PECAN SHORTS

1/2 lb. butter	2 cups flour
4 rounded tbsps. icing sugar	pinch of salt
1 tsp. water	4 oz. ground pecans
1 tsp. vanilla	

Make small rolls and bake in slow oven 250° F. for 25 mins. While hot roll in fruit sugar.

LEMON SLICE

shortbread base

1 cup flour

$\frac{1}{2}$ cup butter

2 tbsps. sugar

Cream the butter well, add sugar and flour. Bake for 10 or 15 minutes.

Lemon Filling:

3 tbsps. corn starch

2 eggs

$\frac{3}{4}$ cup sugar

4 tbsps. lemon juice

1 cup water

1 tsp. butter

Cook first 3 ingredients and pour this hot mixture on beaten yolks, cooking for a few minutes over boiling water. Add the other ingredients and pour the filling over the cake. Make a meringue of whites of eggs and four tbsps. icing sugar. Pile lightly on top of the filling. Sprinkle with shredded coconut and bake 30 minutes at 350 degrees.

PINEAPPLE CHEESE CAKE

6-ounce pkg. zwieback

$\frac{1}{2}$ cup softened butter

2 tbsps. sugar

Crush zwieback with a rolling pin into fine crumbs. Blend thoroughly with sugar and butter. Press firmly on the bottom and sides of a 9-inch spring form pan.

1 no. 2 can crushed pineapple,

$\frac{1}{4}$ tsp. salt

well drained

$\frac{1}{2}$ cup sugar

1 lb. cream cheese

4 eggs, separated

1 tsp. vanilla

1 cup light cream

2 tbsps. flour

Carefully spread well-drained crushed pineapple over bottom of crumb crust. Combine the sugar, flour and salt. Add to softened cream cheese and blend well. Add vanilla. Stir in egg yolks, one at a time. Add cream and blend thoroughly. Beat egg whites until stiff but not dry and fold into cheese mixture. Carefully pour over pineapple. Bake in a slow oven (325° F) 1 hour and 20 minutes. Cool before removing from the pan. Makes 1 9-inch Cheese Cake.

DELICIOUS COFFEE CAKE

1 cup shortening	3 tsps. baking powder
1 cup sugar	1 tsp. salt
2 eggs	1 cup milk
3 cups flour	1 tsp. vanilla

Cream shortening and sugar. Add beaten eggs and vanilla. Sift flour, baking powder and salt and add alternately with milk. Mix thoroughly.

Filling

1 cup brown sugar	2 tsps. cinnamon
5 tsps. flour	1 cup walnuts, chopped
$\frac{1}{4}$ cup melted butter	

Pour $\frac{1}{2}$ cake batter in loaf pan. Cover with filling which has been well mixed. Add remaining batter. Bake 25 to 30 minutes in hot oven 400 degrees. Serve with whipped cream. Very nice plain too.

SWISS SURPRISE CAKE

3 cups biscuit mix	$\frac{1}{2}$ cup fresh cranberries or
$\frac{1}{2}$ cup sugar	Maraschino cherries
1 egg beaten	3 or 4 slices swiss cheese
3 tsps. butter	$\frac{1}{4}$ cup butter
2 or 3 apples	$1\frac{1}{4}$ cups milk

$\frac{1}{3}$ cup brown sugar

Blend biscuit mix, sugar, and $\frac{1}{4}$ cup butter. Add beaten egg and half the milk. Beat; add remaining milk. Beat. Melt 3 tsps. butter in 9"x9" pan. Add brown sugar. Core apples, cut into inch slices place on sugar mixture. Fill centers and around apples with cranberries. Cover with cheese slices. Pour biscuit mixture over cheese. Bake in moderate oven (375° F) for 50 minutes. Turn upside down on serving platter. Serve with plain or whipped cream.

RAISED DO-NUTS (1)

Scald $\frac{3}{4}$ cup plus 2 tsps. milk, cool to lukewarm. Add 1 cake fresh yeast. Stir till yeast is dissolved. Stir in $\frac{1}{4}$ cup margarine softened, $\frac{1}{4}$ cup sugar, 1 well beaten egg, 1 tsp.

salt. Beat in 3½ cups flour. Knead until smooth. Place in greased bowl. Let rise in greased bowl. Let rise until doubled. Punch down and let rise again (until doubled). Roll dough ½ inch thick. Cut and let rise until light.

Fry in deep fat. Glaze:

¼ cup boiling water, stir in 1 cup powdered sugar. Dip the do-nuts into the glaze.

CARAMEL SQUARES

¼ cup butter	1 cup shredded coconut
½ cup flour	1 egg
1 cup brown sugar	1 tsp. baking powder
½ cup chopped walnuts	¼ tsp. salt

Melt butter, stir in sugar. Cool. Add egg and beat well. Sift dry ingredients and add to first mixture. Add nuts and coconut. Press mixture into 8" sq. cake pan. Bake in moderate oven 325° F for 30 minutes.

Icing: ¼ cup butter	1 cup (sifted) icing sugar
½ cup brown sugar	2 tbsps. milk

Melt butter, stir in sugar. Cook over low heat, not more than 2 minutes. Then add milk. Let just come to boil, stirring constantly. Remove from heat. Add icing to sugar at once. Beat well, and spread on cake and cut in squares.

RAISED DO-NUTS (2)

1 cup mashed potatoes	2 eggs, beaten
2 pkgs. or cakes yeast	2 3 cups shortening
1½ cups warm (not hot) water	6½ to 7 cups sifted flour
1 cup sugar	1¼ tps. salt

Cook 1 or 2 potatoes, depending on size, until soft, mash well with fork. Crumble yeast cakes or empty yeast pkgs. into bowl. Add potatoes, water, sugar, and salt. Stir until dissolved. Let stand about 20 minutes. Stir in eggs and shortening. Add flour, a cup full at a time, stirring well. Knead in the last of the flour. Place dough in large bowl; grease top of dough; cover with waxed paper. Let rise in warm place, free from draft about 1 or 2 hours until

more than doubled in bulk). Stir down, divide batter, roll to $\frac{3}{8}$ " thickness. Cut with 3" biscuit cutter. Allow to rise until almost double in bulk. Fry in hot fat (350° F) until brown, turning once. Drain on absorbent paper; roll in granulated sugar.

TINY CHESS PIES

pie crust (based on 2 cups flour)
1 cup sugar
2 tbsps. butter or margarine
2 eggs
2 tbsps. lemon juice
 $\frac{1}{4}$ cup undiluted evaporated milk
or thick cream
 $\frac{1}{2}$ cup chopped nutmeats
2 cups seedless raisins

Line 12 3" muffin tins with your favorite pie crust dough. Add sugar gradually to butter, mixing till creamy. Beat in the eggs, one at a time. Add the rest of the ingredients. Fill the unbaked tart shells with raisin mixture; bake in mod. oven 350° F. 40 to 50 min. or till filling is firm. Cool 10 min. before lifting from tins.

SWEDISH COOKIES

Cream

$\frac{1}{2}$ cup butter
 $\frac{1}{4}$ cup brown sugar

Add

1 egg yolk slightly beaten
1 cup sifted flour
1 tsp. baking powder
1 tsp. crushed cardamom seeds

Mix well, roll into small balls. Dip in slightly beaten egg white, then into chopped nuts. Put into pan and press slightly. Bake 15 mins. in slow oven.

DREAM COOKIES

- | | |
|-------------------------|----------------------|
| 1 cup butter | 1 tsp. baking powder |
| $\frac{3}{4}$ cup sugar | 2 cups flour |
| 2 tsps. vanilla | 35 blanched almonds |

Brown butter slightly and pour into bowl. Place over cold water and cool. Add sugar and stir until fluffy. Add vanilla, then flour and baking powder sifted together. Work dough until smooth. Roll into small balls. Place on buttered baking sheet with half an almond on top of each. Bake in slow oven 250° F. until golden brown, about 30 mins.

COOKIES

- | | |
|---------------------------|--------------------------|
| 1 cup butter well creamed | 1 tsp. soda |
| 1 cup icing sugar | 1 tsp. cream of tartar |
| 1 egg well beaten | 2 tsps. almond flavoring |
| 2 cups flour | |

Mix all ingredients. Roll into balls and press down with fork. Bake.

ALMOND BARS

- | | |
|--------------------------|--|
| $\frac{1}{2}$ cup butter | 4 cups flour |
| 1 cup sugar | 4 tsps. baking powder |
| 3 eggs | $\frac{1}{4}$ lb. almonds washed and dried |
| pinch of salt | 2 tbsps. milk |

Cream butter and sugar, add 1 egg at a time, beat well, then add milk and nuts, then flour and baking powder sifted twice. Roll out in loaves. Bake. Cut while warm in slices and then dry slowly in the oven like rusks.

BUTTERSCOTCH COOKIES

- | | |
|-----------------------------------|---|
| 1 cup flour | 1 tsp. baking powder |
| 1 cup rolled oats | $\frac{1}{2}$ tsp. salt and a pinch of soda |
| 1 cup shortening | 2 tbsps. brown sugar |
| 1 caramel or butterscotch pudding | 1 egg |

Mix all ingredients. Roll into balls and press down with a fork. Bake.

ALMOND COOKIES

- | | |
|---|---------------------------------|
| 1 cup butter creamed | 1 tsp. cinnamon |
| ½ cup almonds not blanched
and put through chopper | 1 tsp. cardamom seed
crushed |
| 1 cup brown sugar | ¼ tsp. baking soda |
| 1 egg, beaten | 2½ cups flour |

Mix well and roll into small balls, make a dent in centre and fill with sugar. Bake in 375° F. oven.

GINGER COOKIES

- | | |
|------------------------|------------------------|
| 1 cup butter | 2 eggs |
| 2 cups brown sugar | 1½ tsps. soda |
| 3 cups flour | 1½ tsps. baking powder |
| ½ cup preserved ginger | |

Mix well, make a roll and let stand overnight in refrigerator. Slice and bake in a moderate oven.

DATE ALMOND SLICE

- | | |
|-----------------|----------------------|
| Bottom: | ½ cup sugar |
| 1½ cups flour | 1 tsp. baking powder |
| 6 tbsps. butter | pinch of salt |
| 2 egg yolks | 1 tsp. vanilla |

Cook 1 cup dates in ½ cup water and spread on bottom.

Top:

- | | |
|--|-------------------|
| 2 egg whites beaten stiff | 1 cup brown sugar |
| Dot with blanched almonds Bake 50 minutes. | |

DATE & ALMOND MACAROONS

- | | |
|---------------------------------|---------------------|
| 1 cup blanched, toasted almonds | dash of salt |
| 1 egg white | ½ tsp. vanilla |
| 1 cup fine fruit sugar | 1 cup dates, halved |

Blanch the almonds and then brown lightly in a moderate oven. Beat the egg white until stiff and add the sugar and salt, with the vanilla. Add the dates and almonds. Drop onto a well greased cookie sheet and bake in a mod. oven 350° F. for 15 to 20 mins.

DATE & ALMOND ROLLS

1½ lb. dates

1¼ cup icing sugar

½ lb. unblanched almonds

1½ tsp. vanilla

3 egg whites

Put dates and almonds through food chopper and mix. Roll into balls. Then make a meringue. Beat egg whites stiff, fold in sugar and vanilla. Dip date and almond balls (or rolls) in meringue. Then roll in cocoanut. Bake on buttered sheet in a very slow oven until brown.

SWEDISH CRESCENTS

Sift together 1 1/3 cups sifted all-purpose flour, ¾ tsp. salt and 1 tsp. baking powder. Mix together ¼ cup softened butter, ¾ cup sugar, 1 egg, 2 tbsps. milk and 1 tsp. vanilla. Add this to first part and mix thoroughly. Spread ¼ cup of dough very thinly and evenly on greased inverted 9"x9"x2" pan. Sprinkle with part of 1 cup chopped pecans and ½ cup sugar. Bake 1 pan at a time until golden brown, 350° F., for 15 minutes. While layer is hot, cut strips 4"x1½". Shape over rolling pin and cool. Repeat 1 pan at a time until dough is used. If strips become too brittle to shape, soften in oven.

COOKIE-JAR GINGERSNAPS

Makes about 4 dozen cookies.

2 cups sifted all purpose flour ¾ cup shortening (Crisco)

½ tbsp. ginger

1 cup sugar

3 tps. baking powder

1 egg

1 tsp. cinnamon

¼ cup molasses

½ tsp. salt

Measure sifted flour, spices and salt and baking powder into sifter. Cream shortening gradually add sugar creaming till fluffy. Beat in egg and molasses. Sift dry ingredients over creamed mixture. Blend well. Form teaspoonsful of dough into small balls by rolling them one at a time. Then roll balls in granulated sugar to cover entire surface. Bake in 350° F. oven for 12 to 15 mins.

ORANGE COOKIES

2/3 cup butter

1/4 tsp. baking soda

1/3 cup sugar

2 tbsps. fresh orange peel

2 cups flour

1/4 cup fresh orange juice

Cream butter and sugar, add flour sifted with soda alternately with orange juice and peel. Roll out, sprinkle with sugar and cut in desired shape. Bake in 400° F. oven for 10 to 12 mins.

BUTTER TWISTS

3 cups butter

1 cup cream

Enough flour to form a firm batter.

Topping for basting:-

3 tbsps. milk

1 egg yolk

1/2 cup coarse sugar

Wash butter till all flavor of salt is removed. Add cream and flour till it forms a firm batter. Roll on floured board, till it is 1/4" in thickness. Cut into strips 1 1/4" wide and 4" long. Make a twist in the centre of each piece. Mix egg yolk and milk for basting. Sprinkle with sugar. Bake in hot oven 350 to 400 degrees F. for approximately 10 mins.

MEDALLIONS

Cream 3/4 cup butter until light. Add 1/4 cup sugar and 1 egg and continue creaming. Add gradually 2 cups flour and 1 tsp. vanilla. Blend well. Divide dough in 2 parts. Roll first part on floured board about 1/4 inch thick and cut with round cookie cutter with hole in centre. Place cookies on lightly greased cookie sheet and bake in oven, 375° F, until very light brown. Put each plain cookie and cookie with hole in together with following cream filling: Mix 1/3 cup flour, 2/3 cup sugar and 1/4 tsp. salt. Scald 2 cups milk, add slowly to dry ingredients stirring well. Cook over hot water, stirring until thick, about 15 minutes. Add 2 tbsps. butter. Then pour mixture over 3 egg yolks (beaten) stirring constantly. Cool. Add 1/2 tbsps. vanilla. Decorate center with Maraschino cherry.

CRUNCHY CRISPIES

1 cup butter	$\frac{1}{2}$ cup walnuts
1 $\frac{1}{2}$ cup brown sugar	2 tsps. baking powder
1 egg	$\frac{1}{2}$ tsp. baking soda
1 $\frac{1}{4}$ cup rolled oats	$\frac{1}{2}$ cup cocoanut
1 $\frac{1}{2}$ cup pastry flour	

Cream butter and sugar, add cocoanut, rolled oats and flour sifted together with the baking powder and soda. Roll into small balls and bake at 375° F. for about 15 mins.

CLIFFORD TEA COOKIES

1 cup butter or shortening	3 $\frac{1}{2}$ cups flour
2 cups brown sugar	1 cup chopped walnuts
2 eggs	$\frac{1}{2}$ tsp. salt
1 tsp. soda	

Mix and pack in mould and leave in refrigerator overnight. Turn on board and slice as thin as possible. Bake in moderate oven. (About 5 dozen).

NORWEGIAN BUTTER COOKIES

Cream 1 cup of butter and $\frac{1}{2}$ cup of powdered sugar and beat until very light. Sift together 2 cups cake flour, $\frac{1}{2}$ tsp. salt and add gradually to creamed mixture. Add $\frac{1}{3}$ cup ground unblanched almonds and mix well. Chill overnight. Shape into $\frac{1}{2}$ inch balls and garnish with a piece of candied cherry, lemon, or almost any candied fruit peel that you like. Bake in moderate oven, 350° F., for about 10 minutes.

SHORTBREAD ROLL

$\frac{3}{4}$ cup butter	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ egg yolk	1 $\frac{1}{2}$ cups flour
salt	almond flavoring

Roll and put in refrigerator overnight. Slice and brush with egg white and nuts. Bake in slow oven.

ALMOND COOKIES

- | | |
|-------------------|---------------------------|
| 1 cup butter | 1 egg |
| 1 cup brown sugar | ½ cup almonds (chop fine) |

Brown almonds in oven until light brown.

- | | |
|----------------------|---------------|
| 1 tsp. cinnamon | ½ tsp. soda |
| 1 tsp. cardamom seed | 2½ cups flour |

Cream butter and sugar until creamy. Add chopped almonds, egg and dry ingredients. Roll into small balls and make thumb impression in cookie. Sprinkle a little white sugar on cookie.

PEPPAR KAKOR (SWEDISH GINGER COOKIE)

- 1½ cup corn syrup
- 1 cup sugar
- 1 tsp. ginger, cinnamon, cloves,
allspice
- 6 cups flour
- 1 cup melted butter
- 2 egg yolks
- 1 tsp. orange peel (grated)
- 2 tsps. baking soda

Combine corn syrup and melted butter in saucepan and heat to boiling. Cool. Add sugar and spices, and flour. Very stiff dough. Let stand over night. Roll out very thin in any desired shape. Bake in quick oven.

SWEDISH STAR COOKIES

- | | |
|--------------|-----------------------|
| 1 cup sugar | 2 cups butter |
| 4 egg yolks | 1 tsp. almond extract |
| 4 cups flour | |

Method: Cream butter and sugar. Add rest of ingredients. (This make a stiff dough.) Roll thin, then cut with star-shaped cooky cutter. Brush beaten egg whites over tops. Mix sugar and chopped almonds on plate and dip cookies in this mixture before baking. Bake in moderate oven.

SWEDISH SPRITS

4 egg yolks
1 cup sugar
2 cups butter
4 cups flour
flavor to taste

Method: Beat eggs slightly and combine with sugar. Cream butter and add to mixture; add flour and mix well. Use pastry tube to make cookies of various designs. Bake in moderate oven until light brown.

SWEDISH SMORBAKELSER (SWEDISH BUTTER COOKIES)

1 cup sugar	2 cups butter
1 whole egg	1 egg yolk
3 to 4 cups of flour	$\frac{1}{2}$ tsp. almond extract

Method: Cream butter until soft. Add sugar and blend well. Add the whole egg and yolk together, mixing well. Add flour enough to handle. Press carefully into individual cooky molds, making cakes as thin as possible. Bake at 400° F. Leave in mold until cold, then remove carefully to prevent breaking. This is a rich cup-shaped cooky, which keeps well.

GINGER SNAPS

1 cup sugar	$\frac{3}{4}$ cup lard
3 tbsps. molasses	$\frac{1}{2}$ tsp. salt
1 tsp. ginger	1 tsp. cloves
1 tsp. cinnamon	1 egg
2 cups flour	2 tsps. soda

Mix and form into balls. Dip one side in sugar. Do not press down as they spread in baking. Bake in moderate oven.

SHORTBREAD

2 cups flour	$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ cup icing sugar
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Method: Mix till very creamy. Roll and cut. Bake in slow oven.

SHORTBREAD COOKIES

$\frac{1}{2}$ cup corn starch

1 cup flour

$\frac{1}{2}$ cup icing sugar

1 cup butter

Method: Sift together corn starch, icing sugar and flour into bowl. (Have butter at room temperature).

Blend butter into dry ingredients with a spoon until a soft dough is formed.

Shape into balls about 1 inch in diameter.

Place on ungreased baking sheet $1\frac{1}{2}$ inches apart.

Flatten cookie dough with lightly floured fork.

Bake in slow oven (300° F) 20 to 25 mins. or until edges of cookies are lightly browned.

CHOCOLATE MARSHMALLOW ROLL

Beat 1 whole egg. Add 1 cup icing sugar. Melt 4 squares semi-sweet chocolate and add 2 tbsps. butter.

Mix with first two ingredients and fold in 25 marshmallows, quartered (use your scissors), and 1 cup walnuts.

Roll in wax paper and shape into roll. Cool. Store in refrigerator. (Or wrap in foil and freeze). You may want to add red or green cherries.

This roll may be sliced and served as candy or included on the cookie plate.

WALNUT SLICE

$\frac{1}{2}$ cup butter

1 cup flour

2 tbsps. fruit sugar

Pat into 8" square pan. Bake in slow oven.

Topping:

2 tps. vanilla

1 cup walnuts

2 eggs well beaten

$\frac{1}{2}$ cup coconut

1 cup brown sugar

$\frac{1}{2}$ cup maraschino cherries

$\frac{1}{2}$ tsp. baking powder

2 tbsps. flour

salt

Bake in slow oven 20 minutes. Ice it.

CHOCOLATE SQUARES

1 cup brown sugar	½ cup butter
5 tbsps. cocoa	1 tsp. vanilla
½ cup flour	½ cup walnuts
2 egg yolks	2 egg whites

Method: Cream butter and sugar, add beaten egg yolks. Sift flour and cocoa together, add to creamed mixture, add vanilla. Fold in beaten egg whites last. Bake slowly 20 minutes. Ice with chocolate icing while still hot.

WHIPPED CREAM ICING

8 tbsps. butter
12 tbsps. icing sugar

Cream butter and sugar with electric mixer till creamy. Add 2 tbsps. cream. Beat again. Then add 2 tbsps. boiling water. Beat until creamy.

Miscellaneous

PEANUT BUTTER AND DILL PICKLE

Spread bread with butter and peanut butter, place thin slices of dill pickle on same and lettuce leaf and another slice of buttered bread.

CONEY BAR-B-Q

To make meat filling: Brown 1 pound ground beef in small amount of fat. Add $1\frac{1}{2}$ cups chopped onion, $1\frac{1}{2}$ cups chopped celery and $\frac{1}{2}$ cup chopped green pepper. Cook until tender. Add 1 can condensed tomato soup, 1 tbs. barbecue sauce, 1 tsp. salt and a little pepper. Simmer 30 minutes. Serve on toasted buns. Serves 6 to 8.

KROPPKAKOR

4 cups mashed potatoes	$\frac{1}{2}$ cup milk
2 eggs	$1\frac{1}{2}$ tsp. salt
$2\frac{1}{2}$ cups flour	$1\frac{1}{2}$ cups salt pork or bacon

Beat eggs, add potatoes, flour, salt and pepper. Put on floured board and cut with biscuit cutter. Dice salt pork and brown in frying pan. Place a small amount of meat on 1 biscuit and cover with another. Press edges together tight. Cook in boiling salted water 10 to 15 mins. Serve with melted butter.

SWEDISH SPLIT PEA SOUP.

2 cups dried split peas	1 large onion
1 ham shank or ham bone	2 buds garlic
3 stalks celery	salt and pepper to taste

Cover ham shank or bone with cold water. Let come to a boil and cook about an hour. Add balance of ingredients and continue cooking until done. Strain before serving. Serve with buttered toast.

BRUNA BONOR (SWEDISH BROWN BEANS)

2 cups brown beans 2 tbsps. vinegar or lemon juice
1 tbsp. butter salt
 $\frac{1}{4}$ cup brown sugar or syrup

Wash beans and put on to boil in cold water. Simmer until tender (about 3 hrs), adding more hot water if necessary. When done add rest of ingredients. Serve hot. Other types of beans may be used if the brown beans are not available. This is a favorite dish among Swedish people; very often served at the Smorgasbord.

BARBECUED HAMBURGERS

2 tbsps. melted fat
1 large onion Brown
1 lb. ground beef

Pour $\frac{1}{4}$ cup hot water over above. Mix together 1 tbsp. flour and $\frac{1}{4}$ cup cold water. Stir into mixture. Add $\frac{1}{2}$ cup chili sauce and 1 tbsp. mustard. Mix well and simmer 15 mins. Serve on bun.

CHOP SUEY

Boil 1 large package spaghetti
1 $\frac{1}{2}$ cups chopped celery
 (leaves and all)
1 cup chopped onion, brown in pan
1 lb. minced meat, chicken or turkey
 cut fine, fry in butter till brown.

Put all these together with 2 tins tomato soup in a baking dish, sprinkle with grated cheese on top. Bake mod. oven $\frac{1}{2}$ hour.

EGG ANCHOVY STRIPS

Spread strips of toasted rye bread with mayonnaise or salad dressing. Place 3 slices of hard cooked egg on each strip. In the middle of each egg slice place a bit of anchovy paste.

CANAPE COMBINATIONS

Cream cheese with minced onion, serve on crisp crackers.
Garnish with caviar or minced parsley.
Potato chips spread with anchovy paste or caviar.
Ground chicken and almonds seasoned with onion and moistened with mayonnaise. Spread on Melba Toast.
Minced ham and sweet pickles moistened with mayonnaise.

HORS D'OEUVRES COMBINATIONS

Celery—plain or stuffed with various cheeses.
Sardines or shrimp jellied in aspic. Cut and arrange on thin slices of tomato.
Hard cooked eggs, stuffed or sliced and sprinkled with minced parsley.
Olives wrapped in bacon, stick with toothpick and broil.

COCKTAIL SAUCE

½ cup catsup or chili	¼ tsp. salt
3 tbsps. lemon juice	2 tbsps. worcestershire sauce
1 tbsp. horseradish	2 tbsps. celery
2 drops tabasco	2 tbsps. minced green pepper
celery salt	1 tbsp. minced onion
garlic salt	

Mix all ingredients and keep in screw top jar. Before serving strain and force all vegetables through sieve.

STUFFED FINGER ROLLS

1 lb. American cheese	1 small can tomato sauce
5 hard boiled eggs	1 tbsp. catsup
1 medium onion	2 tbsps. Worcestershire sauce
½ cup ripe olives	

Chop ingredients and mix together. Add salt and pepper to taste. Split rolls and scrape out centre. Fill with mixture and replace top of roll. Heat in slow oven for half hour. Mixture is enough to fill 16 to 18 rolls. These may be filled hours ahead of time, heating just before serving.

SHRIMP COCKTAIL

canned shrimp

parsley

cocktail sauce

lemon slices

Drain off liquid from shrimp. Remove black vein. Pile in cocktail glasses and cover with 2 tbsps. cocktail sauce. Garnish with sliced lemon and parsley.

BAKED STUFFED EGGS WITH CHEESE

6 hard cooked eggs

$\frac{1}{2}$ lb. fresh mushrooms

1 tbsp. worcestershire sauce

3 tbsps. butter

1 $\frac{1}{2}$ cups cheese sauce

salt and pepper

$\frac{1}{2}$ cup buttered bread crumbs

paprika

Wash mushrooms and shred fine. Saute in butter. Add worcestershire sauce. Cut hard cooked eggs in half lengthwise and remove egg yolks and mash. Add the sauted mushrooms. Stuff mixture into egg whites and arrange in casserole. Pour cheese sauce over eggs and sprinkle with crumbs and paprika. Bake in moderate oven, 375° about 25 mins.

PARTY PINWHEELS

1 cup finely minced parsley 1 can shrimp, ground

1 cup cream cheese $\frac{1}{2}$ tsp. salt

1 loaf white bread

Blend parsley and softened cream cheese. Remove crusts from loaf of bread and cut very thin slices lengthwise. Spread parsley mixture at one end of each slice for about 1". Spread remainder of each slice with a thin coating of ground shrimp and sprinkle with salt. Roll each slice, beginning with the parsley end. Wrap each roll tightly in waxed paper and store in refrigerator until just before serving, then slice across the roll. Each roll makes 10 to 15 sandwiches.

CHEESE DREAMS

For each sandwich toast 1 slice of bread on one side. Spread untoasted side with mayonnaise. Top each with a slice of tomato, sprinkle with salt. Add a generous slice of cheese, then a strip of bacon which has been partially broiled. Place sandwich under low broiler heat until cheese is melted and bacon crisp. Eat while hot. Serve with knife and fork.

VANILLA SAUCE

½ cup sugar	2 tbsps. butter
1 tbsp. corn starch	1 cup water
1 tsp. vanilla	few grains nutmeg

Combine sugar and cornstarch, add water and butter and cook in double boiler for 20 mins., stirring frequently until smooth and thickened. Add vanilla and nutmeg if desired. Cool. Serve with carrot pudding.

ROD SAUS (RED SAUCE)

1 cup tart fruit juice	1½ tbsps. cornstarch
1 cup water	1/3 cup sugar

Put fruit juice and water on to boil. Mix cornstarch and sugar with a little cold water and add slowly to the boiling liquid. Stir until smooth. Cook for a few minutes, then remove from fire and let cool. Very good served on custards or puddings.

CITRON SAUS (LEMON SAUCE)

½ cup sugar	3 tbsps. lemon juice
1 tbsp. corn starch	1 tsp. butter
1 well beaten egg	

Combine sugar and corn starch; add boiling water slowly, stirring continuously until smooth. Bring to a boil. Add slowly to lemon juice and egg mixture, stirring until well mixed; return to fire and cook until thickened and smooth. Remove from fire and add butter. Cool and serve on puddings or on sliced fruit cake.

SANDWICH FILLING SUGGESTIONS

Philadelphia cream cheese with chopped stuffed olives and mayonnaise.

Deviled ham, chopped sweet pickles and mayonnaise.

Peanut butter, chopped dates, moistened with mayonnaise.

Salmon, flaked and seasoned with onion, lemon, salt and mayonnaise.

Tuna fish, hard cooked eggs and pickle relish moistened with mayonnaise.

BUTTERSCOTCH SAUCE

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup cold water

$\frac{1}{2}$ cup brown sugar

$\frac{1}{2}$ tsp. vanilla

2 tbsps. corn syrup

2 tbsps. butter

$\frac{1}{4}$ cup hot water

Cook white and brown sugar, corn syrup and cold water until a little dropped into cold water becomes quite brittle. Remove from heat, beat in butter, hot water and vanilla. Serve hot.

GARLIC DIP

$\frac{1}{2}$ lb. pkg. white cream cheese

worcestershire sauce

$\frac{1}{2}$ cup mayonnaise

garlic powder

Cream cheese and mayonnaise together. Add milk until consistency of very heavy cream. Add garlic powder, Worcestershire sauce, salt and pepper to taste. Wonderful with potato chips, shrimps, etc.

SPREADS

Put equal parts of spanish onion and a good strong cheese through food chopper. Spread on buttered bread—cut in small pieces.

Mix caviar with cottage cheese and a dash of garlic. Good on crackers.

Combine cream cheese, mayonnaise, Worcestershire sauce and a dash of garlic. Spread on ritz biscuits and brown in oven.

TASTY BITE

Cut small circular pieces of bread, use a small glass for this. Lay slices of dill pickles (ones flavored with garlic are best) on each circle. Sprinkle grated strong cheese with heavy hand. Bake at 350° F. for 10 mins. or until cheese melts.

CHOCOLATE FUDGE

Put in large bowl:

- 1 cup nuts
- 1 pkg. semi-sweet chocolate chips
- 1 tsp. vanilla
- $\frac{1}{4}$ lb. margarine

Put in heavy saucepan:

- 6 oz. Carnation milk
- 2 cups white sugar
- 10 marshmallows

Bring to boil. Start timing after it starts boiling. Boil for 6 mins. stirring constantly. Pour into bowl and mix until chips dissolve. Pour into pan.

TASTY TIDBITS

Cream $\frac{1}{4}$ lb. butter, then add $\frac{1}{5}$ lb. of grated loaf or roll cheese alternately with the following sifted ingredients:

- | | |
|----------------------------------|------------------------------------|
| 1 $\frac{1}{4}$ cups flour | $\frac{1}{8}$ tsp. salt |
| $\frac{1}{4}$ tsp. baking powder | 2 $\frac{1}{2}$ tbsps. brown sugar |

Blend well. Press dough into an 8" square pan. With top of spoon make rows of "dimples" and fill these with jelly. Bake 30 mins. at 325° F. Cut into squares.

FINNISH CARAMELS

- 1 pint cream
- 1 lb. sugar
- $\frac{1}{2}$ cup syrup

Cook cream and sugar 1 hr. Add syrup and cook another hour. Cold water test.

CHEESE MOONS

½ cup butter

1 cup flour

3 oz. Ingersoll cheese

1 tbsp. milk

Mix thoroughly and roll to ¼" thickness. Cut in rounds, put jelly or marshmallow in centre and turn over in half moon shapes. Bake at 375° F. for 15 mins. or until nicely browned.

FIG BARS

Filling:

2 cups dried figs, chopped

1½ cups water

½ cup sugar

Method: Wash, drain and chop the figs. Add water and sugar and cook until the mixture has thickened. Remove from heat and cool.

Dough:

1 cup shortening

1 tsp. cream of tartar

1 cup brown sugar

¾ tsp. salt

2 eggs

1 tsp. vanilla

½ tsp. soda

3 cups flour

1 tbsp. hot water

Method: Cream shortening and gradually cream in the sugar. Beat eggs and add to creamed mixture and continue beating until mixture is light and fluffy. Sift flour, then measure and sift again with cream of tartar and salt. Add about half of this to creamed mixture, then add vanilla and soda which has been dissolved in hot water. Add remaining dry ingredients. Chill dough and then roll out on a lightly floured board to about ¼" in thickness. Cut dough in strips about 3" wide. Place a mound of fig filling down the centre of strips of dough. Fold dough over filling from each side. Cut fig-filled strips in about 1½" lengths. Place closed side down on a lightly floured cookie sheet and bake in a mod. hot oven 400° F. for about 12 to 15 mins.

Pickles

CLAM DIP

- | | |
|----------------------------|---------------------------|
| 1 can clams, minced | ½ tsp. paprika |
| 2 small pkgs. cream cheese | dash worcestershire sauce |
| 1 tbsp. chopped onion | dash tabasco sauce |
| 1 tbsps. chives | 1 tbsp. mayonnaise |

Mix cheese and clams, add a little clam juice to soften the mixture. Add other ingredients and cream well. Serve with potato chips, etc.

DILL PICKLES

Wash and dry cucumbers. Pack in sterilized jars with a handful of dill, enough cream of tartar to cover a ten cent piece and alum size of a pea to each quart sealer (garlic optional).

- | | |
|----------------|-----------------|
| Boil: | 1 quart vinegar |
| 2 quarts water | 1 cup salt |

When cool pour over cucumbers. Seal.

RELISH

- | | |
|-----------------------|---------------------|
| 2 quarts red cabbage | 1 tbsp. salt |
| 2 quarts boiled beets | 1 tsp. black pepper |
| 3 cups horse radish | ¼ tsp. red pepper |
| 3 cups white sugar | |

Cover with vinegar. Bottle cold.

TOMATO RELISH

- | | |
|-----------------------|-------------------------|
| 4 doz. green tomatoes | 3 green peppers (sweet) |
| 1 red pepper (sweet) | 6 small onions |
| 1 red pepper (hot) | |

Put all through food chopper and drain off juice. Then add:

- | | |
|--------------------|----------------------|
| 2 cups vinegar | 6 tps. celery seed |
| 1 cup water | 5 tps. currie powder |
| 5 cups white sugar | 3 tps. salt |

Boil about 1½ hours and bottle.

CUCUMBER RELISH

Pass through chopper 7 peeled and seeded cucumbers and 5 large onions. Set in dish and sprinkle with thin layer of salt. Let stand 2 hours. Drain well and add:

3 cups white sugar	1 tsp. celery seed
3 cups white vinegar	1 tsp. mustard seed
1 cup water	

Bring to boil then make paste of:

$\frac{3}{4}$ tsp. turmeric	$\frac{1}{2}$ cup vinegar
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup water

Stir paste into mixture and boil 20 mins. and bottle.

WHOLE TOMATO PICKLES

8 lbs. tiny green tomatoes	3 lbs. white sugar
$\frac{1}{2}$ cup salt	4 sticks cinnamon
1 pint water	whole cloves
1 pint white vinegar	

Peel tomatoes and let stand overnight to dry. In the morning cover with water and half cup salt. Boil gently for 5 mins. Drain. Stick one or two cloves in each pickle. Now boil water, vinegar, sugar and broken stick cinnamon until this forms a syrup. Add tomatoes and let boil for just a minute then turn into crock and let stand for 3 days.

Drain off syrup and reheat it and again pour over the pickles and let stand another 3 days.

Bring them once more to the boiling point, then pack into hot sterile jars and seal.

CHILI SAUCE

15 ripe tomatoes	1 tbsp. salt
3 large onions	1 tbsp. pickling spice
3 large apples	2 sweet red peppers
$\frac{1}{2}$ bunch celery	1 quart white vinegar
2 cups brown sugar	

Dice celery, onions and apples. Tie the pickling spice in a bag. Cook until thick. Approx. 2 hours.

DILL PICKLES

Soak dills in salt water 3 days and 3 nights (1 cup cooking salt to 3 pints water).

Pack in sterilized jars with lots of dill and a small piece of alum, size of a pea.

Boil water and cool, about 2 cups to 1 quart. In proportion of:

3 cups water

1/3 cup white vinegar

Pour over dills and seal.

RHUBARB RELISH

1 quart chopped rhubarb 1 tbsp. salt

1 quart chopped onions 1 tsp. of each—cinnamon,

1 pint vinegar allspice, ginger and cloves

4 cups brown sugar 1/4 tsp. cayenne

pinch of black pepper

Boil until thick as jam. Put in sterilized sealers and seal.

COOKING HINTS

Try adding a few drops of lemon juice to rice the next time you are cooking it. It makes it beautifully white and keeps the grains whole.

Berries and all fruits will keep in perfect condition in the refrigerator for days if spread on a platter and lightly covered with cellophane or waxed paper.

In making gelatine salads and desserts, always use cooked or canned pineapple. Raw pineapple contains an enzyme which prevents gelatine from congealing when cold.

When frosting small cakes, hold them by wooden picks stuck in the bottom. Put ends of picks through meshes of wire rack, draw them out. This eliminates touching frosted sides.

Vegetables should be cooked the shortest time possible and in the least amount of water.

When making frozen desserts do not use too much sugar

as sugar lowers the freezing point. $\frac{1}{2}$ cup sugar to 1 cup of liquid is plenty.

Do not freeze trays of water at the same time as desserts. Mix pastry several hours before baking and thoroughly chill.

When storing pastry for a week, add 1 to 2 tbsps. more water. The addition of the extra water prevents the pastry from drying out.

Peaks in the centre of muffins are caused from over mixing. When making muffins be sure to mix thoroughly but lightly and be sure of the correct temperature.

A heavy cake is caused by the use of too much sugar or not being baked enough.

Meat should be wiped with a damp cloth—never washed. To turn sweet milk or cream sour, add 1 tbsp. lemon juice to each cup.

Break eggs for a cake into measuring cup. Remove eggs, use this cup to measure shortening. Shortening will not stick to cup.

No chocolate? You can use 3 tbsps. cocoa and $\frac{1}{2}$ tbsp. shortening instead of 1 sq. unsweetened chocolate.

HOUSEHOLD HINTS

Oil marks on wallpaper may be cleaned by mixing a paste of pipe clay and cold water. Apply paste to spot, leave on all night. Brush it off in the morning.

Paint spots from clothing may be removed by saturating with equal parts of turpentine and ammonia.

Clean piano keys with denatured alcohol. Soap and water will yellow the keys.

To remove chewing gum from clothes, sponge with alcohol.

To remove fruit or coffee stains, apply boiling water as soon as possible.

To remove iron rust or mildew sprinkle spot with salt and moisten with lemon juice and place in sun. More lemon juice may be added.

To minimize cooking odors, burn thin slices of orange peel on stove burners before company arrives.

TOUCHED UP MAYONNAISE

To one 8-oz. jar of mayonnaise (made with eggs) or an equal quantity of salad dressing (made without eggs and slightly sweet), add one of the following:

4 tbsps. chopped celery, 1 tbsp. green pepper
(serve with fish)

1 cup whipped cream and 1 tbsp. honey
(serve with fruit salad)

$\frac{1}{2}$ cup chili sauce, minced onions to taste
(serve with egg salad)

1 cup sour cream, 1 tbsp. parsley

1 shallot (chopped fine) pepper to taste
(serve with cucumbers or radishes)

2 tbsps. prepared horseradish, $\frac{1}{2}$ cup well drained
relish (serve with salmon or tuna)

1-3 oz. package fresh cream cheese

2 tsps. chopped parsley, pepper to taste
(serve with fruit salad or tomatoes)

DECORATED ICE CUBES

Place a maraschino cherry in each section of the ice cube tray. fill $\frac{1}{2}$ full of water and freeze. Then fill remainder of tray with water and freeze. Use either red or green minted cherries.

Mint leaves and red cherries frozen in tray make an attractive cube for lemonade.

Lemon cut $\frac{1}{8}$ inch thick and sliced in quarters, frozen in

cubes makes a very unusual cube for orangeade.

Freeze ginger ale in ice cube tray.

Freeze 1 cup strong tea with $\frac{1}{2}$ cup lemon juice and 1 cup water in ice cube tray. This should be used to ice tea as the flavor of the cubes will greatly improve the flavor of the tea.

Mint leaves chopped and sprinkled over green peas give an unusual flavor.

One tsp. lemon juice added to buttered carrots is delicious.

Chopped chives added to string beans just before serving give a truly french tang.

To vary your chicken salad in the summer, take green grapes, put them in freezing tray. When they become ice cold, almost to the freezing point toss them last, all through the chicken salad and add toasted almonds.

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